TRIBUNAL SAYS RIGHTS SUPERSEDE HATE, PG6

Celebrity Buzz

DJ AM's death possible suicide? pg 34

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NCOUVER • THURSDAY, SEPTEMBER 3, 2009 metronews.ca

Style pg 27

Wear white after Labour Day

Mayor suggests Burrard Bridge alternatives

TRAFFIC Drivers are being encouraged to consider alternatives to the Burrard Street Bridge when heavier traffic resumes after Labour Day.

"More workers are returning to downtown and students, faculty and staff are returning to UBC," Vancouver Mayor Gregor Robertson said in a release yesterday. "Motorists who typically use the Burrard Bridge are strongly encouraged to consider the Granville or Cambie bridges or other transit options."

The Burrard Bridge Lane Reallocation Trial opened July 13, when a southbound traffic lane was closed to drivers and turned into a bike lane.

METRO VANCOUVER

Relating pg 10

Skinflints, squanderers and romance

Entertainment pg 33

City's Georgas has jingle hit

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Please recycle

Captain Canuck **64M dollar man**

RYAN REMIORZ/THE CANADIAN PRESS

Roberto Luongo speaks to reporters outside the hockey arena that bears his name in St. Leonard, near Montreal yesterday. The Vancouver Canucks have agreed to a 12-year contract extension with the star goaltender worth $64 million US. Story, page 3.

Girl pulled into water by seal

5-year-old OK after marina mishap

KRISTEN THOMPSON
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Mike Cunningham says he's certain his five-year-old daughter Caleigh would be dead if she hadn't been wearing her lifejacket when a seal grabbed her by the wrist and pulled her into the water at a West Vancouver marina.

Cunningham was cleaning fish at Thunderbird Marina on Tuesday night when he heard a splash, and turned around to see Caleigh bobbing to the surface two metres away from the dock.

He pulled his crying daughter to the dock as his neighbour described seeing a seal jump out of the water, grab Caleigh by the wrist and pull her under the water.

Cunningham admitted the story sounds like a joke and said if he hadn't been there, he wouldn't have believed it.

"I'm not a biologist, but in my mind that thing had to be swimming pretty fast to get enough momentum to get four feet out of the water, grab her and pull her into the water," Cunningham said.

"You see pictures of killer whales jumping out of the water and grabbing seals. Well that's the image I have."

One of the things that disturbs him most, he said, is that the seal tried to carry Caleigh away under water.

"These things are absolutely habituated to people," he said. "When I cruise into the marina I have three or four seals following me in. They know the pickings are good here and it's a free meal."

SEAL: KRISTEN THOMPSON CUNNINGHAM: SUBMITTED

A seal, left, showed up yesterday at the marina where Caleigh Cunningham, right, was dragged into the water.

Caleigh was taken to hospital and treated for four puncture wounds, and Cunningham said she's not keen on talking about the experience.

To assuage her fears, he told Caleigh the seal was just trying to play with her, to which she responded, "It was rude for it not to have asked 'please.'"

"She's overwhelmed by all the attention," he said. "It just makes me sick to think what could have been."

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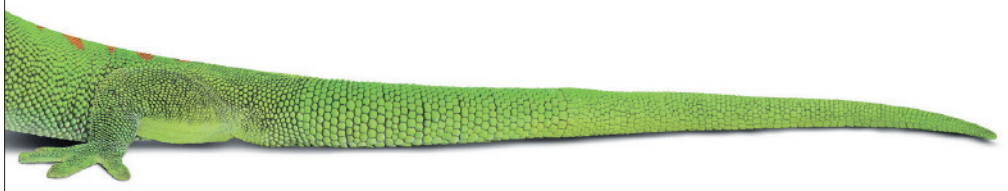

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Parking is free, for now
Yes, there is free parking downtown. Workers for the City of Vancouver have removed the parking metres along Granville Street between Drake and Smithe while the area is being upgraded. While the metres will soon make a return, the free spots are giving drivers a rare opportunity to park and save. NEWS1130.COM

Local

Bachelorette back on TV

Vancouver's Jillian Harris, left, last season's Bachelorette, will co-host Breakfast Television on Citytv today and tomorrow. She will be filling in for Dawn Chubai, who will be on vacation. METRO VANCOUVER

Watch out for pickpockets, police warn

DISTRACTION Vancouver police are warning about thieves who use distraction to pick pockets.

A man carrying an envelope with money he had just withdrawn from a Richmond bank machine got a flat tire on his way to Vancouver.

He was arranging for a taxi on Aug. 28 when a man approached him to say there was some ketchup on his jacket.

Incidents
- In 2008 there were eight incidents where victims had ketchup and mustard spilled on them.

The suspect helped the man take off the jacket to clean it. When the victim got in the taxi the envelope was gone, according to Vancouver police Const. Lindsey Houghton.

"Investigators believe that the envelope was taken during the commotion of finding the ketchup and cleaning it off," he said in a release. "Investigators also feel that the suspects were responsible for causing the flat tire on the victim's car."

Police are looking for two suspects. METRO VANCOUVER

Luongo sticking around

Canucks sign all-star goaltender to 12-year, $64M extension

JEFF HODSON
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The Vancouver Canucks are Stanley Cup contenders, Roberto Luongo said yesterday as he signed a contract extension that will stretch to the end of his hockey career.

The all-star goaltender and team captain agreed to a front-loaded 12-year contract extension worth $64 million. It takes him through the 2021-2022 season, when he'll be 43.

"I thought we had a chance to win last year with the team we had," said Luongo, 30, who is in the final year of his current four-year $27-million contract. "And at the end of the day that's all you can ask for."

According to media reports, the contract extension pays Luongo $10 million in the first year, fading to $1 million in years 11 and 12.

RYAN REMIORZ/THE CANADIAN PRESS

Vancouver Canucks goaltender Roberto Luongo speaks to reporters yesterday in Montreal.

The salary cap hit will be about $5.3 million per year as the $64 million is spread over the 12 years of the contract.

General manager Mike Gillis said the length of the contract reflected how the team felt about Luongo's lifestyle, dedication and ability to continue to play.

He said the league had two 40-year-old goalies this year and said players like Dominik Hasek and Johnny Bower continued to be dominant in their late 30s and early 40s.

"We've seen goalies play at a high level right into their 40s," Gillis said. "We feel he is the most dominant player in his position right now and should be for a long time coming."

Luongo said he hopes to still be starting when he nears the final years of his contract and didn't know how he would handle being possibly relegated to a back-up role.

"I want to play as long as I can. I hope it will be right to the end, because that's why I signed. ... For me, it's always been about starting. It's tough to say how I might feel in 10 years."

Dog expert helps RCMP rescue canine

TV RCMP officers in Kelowna got some surprise help from a TV celebrity and author known for his dog-training expertise.

The Mounties were using their cars to keep a young runaway German Shepherd from crossing a busy downtown road when Brad Pattison, from the show At The End Of My Leash, arrived to help on Tuesday night.

Brad Pattison

The no-nonsense TV host eventually grabbed the distressed dog, ending the chase.

He was called in by a friend who told him of the situation and rushed to help.

RCMP Const. Steve Holmes said the exhausted animal had some minor abrasions to its paws and was taken to the vet to be checked out and treated.

The animal is now being cared for by Kelowna Dog Control. METRO VANCOUVER

Abbotsford murder victims are linked, say investigators

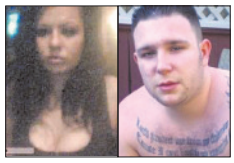
DRUG TRADE A man and woman found dead three days apart in Abbotsford were in a romantic relationship and were both known to police for their involvement in the drug trade.

The RCMP's Integrated Homicide Investigation Team said yesterday the two victims — one discovered in a berry field near Abbotsford and the other inside a residence in city — are linked.

Police were first called to a rural area last Thursday to investigate a burned-out vehicle. Officers discovered human remains inside the car. Investigators needed dental records to confirm the victim as 24-year-old Bobby Leroy DiGeorgio.

When police arrived at DiGeorgio's Abbotsford home on Sunday evening they discovered the body of his 23-year-old girlfriend, Jessica Amber Illes.

Cpl. Dale Carr said it's quite unusual for a couple



Jessica Illes | Bobby DiGeorgio

to both fall victim to targeted killings.

"That we don't see very often," he said in an interview. "It's certainly based on investigators' assertions so far that it's linked to drugs and organized crime."

Carr said police do not plan to release the cause of death for investigative purposes.

"It's solely for the end integrity of this investigation," he said.

"If we find someone we feel is responsible and they're able to articulate (the cause of death), we're able to sit up and say, 'Listen, they're the only ones who knew it beside us.'"

In a July report, Statistics Canada said the Abbotsford-Mission area had the highest homicide rate in Canada in 2008, with 4.7 murders per 100,000 residents. THE CANADIAN PRESS

Government decides to restore arts grants

JEFF HODSON
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"It's a small victory out of a very ugly future for arts and culture in B.C."
Spencer Herbert, NDP

Cash-strapped arts groups celebrated yesterday as the provincial government announced it is honouring the three-year community gaming grants that were scrapped last week.

Some recipients of the three-year grants had spent the money, putting on productions and paying artists based on the promised cash. Last week, they were pitched into financial turmoil after they received notice the money would not be coming.

In a press release, Housing Minister Rich Coleman announced he had reversed the decision and full funding would be restored to groups that were promised multi-year funding.

"It's huge, huge, huge," said Susanna Uchatius, the artistic director of Theatre Terrific, a troupe whose members include artists with developmental, physical and mental heath issues.

Theatre Terrific's general manager left in July. They were in the midst of hiring a replacement when they received word the grants were being cancelled.

"It means we can hire a GM. That's what it means."

NDP tourism, arts and culture critic Spencer Herbert said the reversal was a "small victory" for the 540 groups that depend on the multi-year grants. He predicted future cuts (of around 80 per cent) to arts funding.

"It's a small victory out of a very ugly future for arts and culture in B.C."

News in brief

SHOOTING A man was taken to hospital in critical condition after being found shot on a street in Cloverdale early yesterday morning. Witnesses reported hearing several gunshots and seeing a vehicle leaving the area of 188th Street and 57th Avenue.

RECORD A Vancouver stunt man is attempting to break the world record for longest full-body burn without oxygen. Colin Decker has prepared for 18 months to surpass 2 minutes and 38 seconds.

STRANDED B.C. Ferries is blaming fishermen who set crab traps in the wrong place for knocking one of its northern vessels out of service, stranding thousands of passengers, CBC News Online reports. In the past two weeks, 10 sailings of the ferry were cancelled or delayed.

BREAK-IN Police in Delta are asking for help finding a man who broke into a business on 70th Avenue and tried to steal the till and break into a cigarette cabinet. METRO NEWS SERVICES

metronews.ca
What's online today.

Video A fall election looks more and more certain after Michael Ignatieff cancels a planned trip to China at **metronews.ca/canada**

Blogs It's Called Football reports that stadium renovations key to Vancouver's MLS future will go ahead

Lotteries

Lotto 6/49: 04, 06, 09, 30, 33 & 49 Bonus 13
BC 49: 12, 18, 21, 24, 30, 45 Bonus: 7
Extra: 34, 38, 45, 65
These results are not official.

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New website aims to help children whose parents have cancer

The B.C. Cancer Agency has created a new website to help children whose parents are battling cancer cope with their fears and learn about the disease. Cancer In My Family is an interactive online environment where kids can play games, create characters and write a journal, among other things. METRO VANCOUVER

UVic looks to capture rabbits

ADOPTION The University of Victoria is looking to capture and put up for adoption about 150 of the estimated 1,500 rabbits hopping around campus.

The rabbits would be trapped and sterilized before being given away.

UVic is well-known for its feral rabbits, which are pets or descendants of pets that were abandoned on campus by members of the community. They're cute, but they also dig up holes in sports fields and chew on plants and property. Their droppings can also carry diseases.

Last year, a public awareness campaign was launched to ask people to stop abandoning the rabbits at the school and to ask students not to feed them.

METRO VANCOUVER

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Cops arrest pair with possible gang ties

Raid in Mission nets cash, ammo, drugs

Two men have been arrested and bear spray, ammunition, cocaine, a Red Scorpion jacket and $3,000 in cash have been seized after police raided a home in Mission.

The Red Scorpions are a Lower Mainland gang that police say have been involved in a recent war with the United Nations gang.

Some of its members have been charged with murdering six people in a Surrey highrise in 2007. Those killed included four rival gangsters and two innocent bystanders.

Police entered the home in the 8400 block of Doerksen Drive on the evening of Aug. 27.

Michael O'Brien, 27, and Mohamed Abarhoun, 27, both of whom are known to police, have been charged with possession for the purposes of trafficking.

METRO VANCOUVER

PHOTO COURTESY OF ABBOTSFORD POLICE DEPARTMENT

This jacket was seized by police in a raid on a Mission home.

Human-caused erosion equal to that of glaciers, rivers: Study

LANDSCAPE Humans are causing erosion comparable to the world's largest rivers and glaciers, according to a new University of B.C. study.

Researchers found that large-scale farming projects are reshaping the planet. They also found that — contrary to previous scholarship — rivers are as powerful as glaciers at eroding landscapes.

"Our initial goal was to investigate the scientific claim that rivers are less erosive than glaciers," said Michele Koppes, a geography professor at UBC.

"But while exploring that, we found that many of the areas currently experiencing the highest rates of erosion are being caused by climate change and human activity such as modern agriculture."

In some cases, the researchers found large-scale farming eroded lowland agricultural fields at rates comparable to glaciers and rivers in the most tectonically active mountain belts.

The study was published online in the journal Nature Geosciences.

METRO VANCOUVER

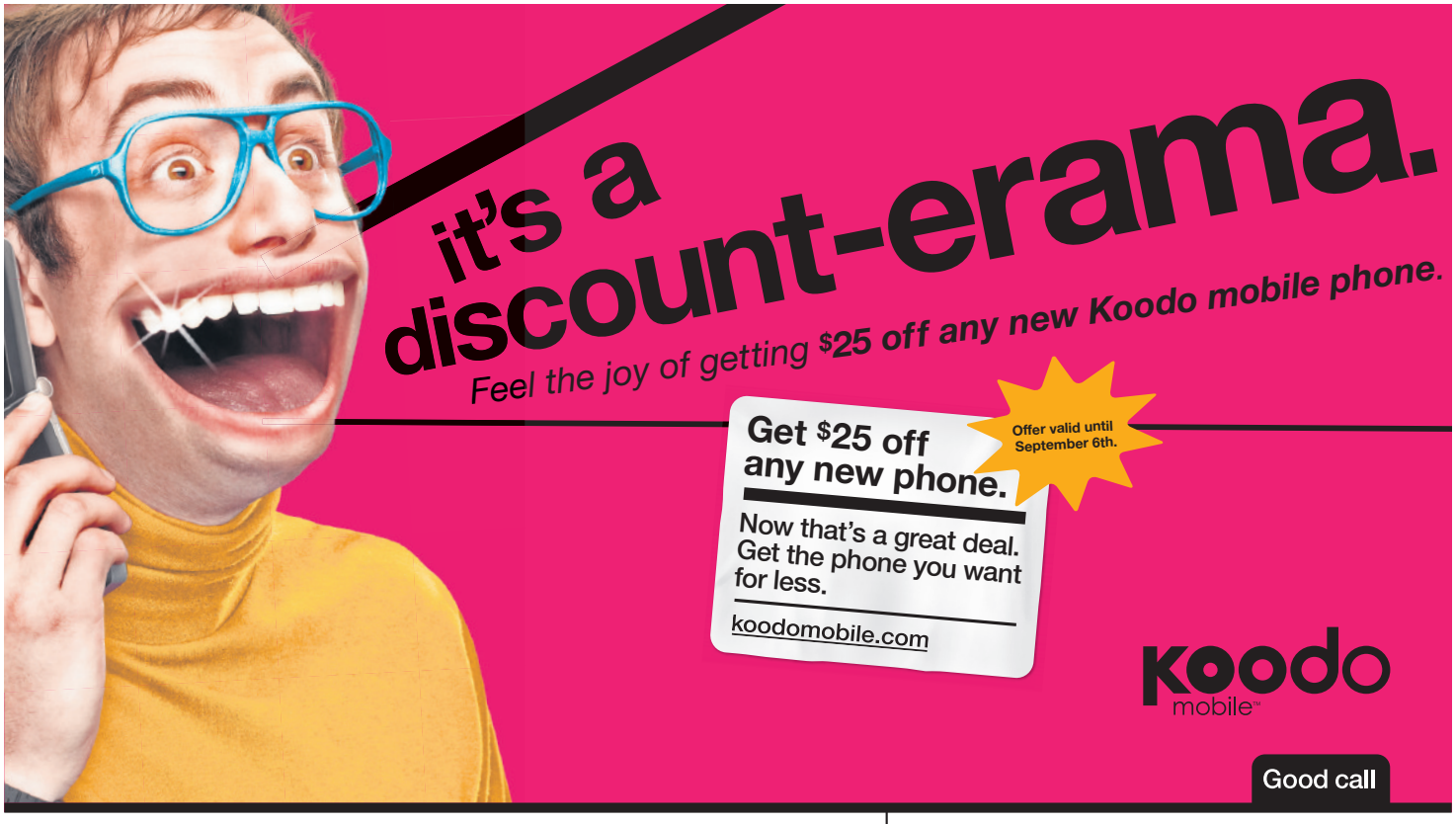
News in brief

INSITE The operators of Vancouver's supervised-injection site for drug users are suing one of its critics for defamation and slander over a two-year-old article. In a May 2007 article, Colin Mangham took issue with the concept of harm reduction and questioned the validity of studies published by Insite's supporters. THE CANADIAN PRESS

STABBED A man has been taken to hospital in Abbotsford after being stabbed in a home near Bevan Avenue and Ridgeway Street yesterday morning. Police detained several people at the home.

GROW-OP Chilliwack RCMP took down their 30th grow-op of the year Monday following a house fire sparked by a faulty electrical bypass.

CHIEF The Assembly of First Nations announced that five candidates have stepped forward to replace Shawn A-in-chut Atleo as B.C.'s regional chief. METRO NEWS SERVICES



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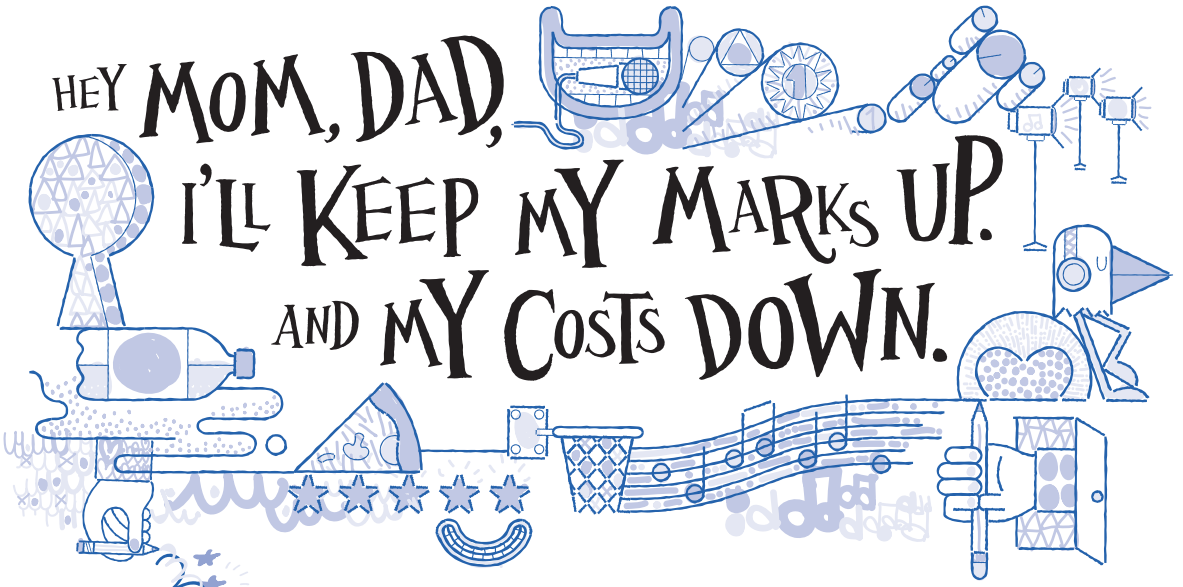

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Restructuring key to mining sector recovery: Ministers
Canada's mines and energy ministers have identified regulatory restructuring as their top priority to position the country for the recovery of the mining sector. Provincial and territorial ministers wrapped up two days of meetings in St. John's. THE CANADIAN PRESS

Canada

Fishers could have had more notice: MP

Federal Fisheries Minister Gail Shea says fishermen could have been given more notice of a ban on shellfish in the Maritimes. Shea admits that her department and Environment Canada could have consulted with people in the industry before the restriction on certain shellfish was issued Monday. The ban covers clams, oysters, mussels and quahogs and extends to all of Nova Scotia, P.E.I. and parts of New Brunswick. THE CANADIAN PRESS

News in brief

CRIME A 19-year-old woman has been charged with attempted murder after a 14-month-old girl had her head smashed repeatedly against a sidewalk. Nikita Solange Eaglestick is also charged with abduction and aggravated assault, Winnipeg police said yesterday.

HEALTH Canada's top health officials say the country is not lagging behind other nations in flu preparation and Canada is on track to have a swine flu vaccine by mid-November. Health Minister Leona Aglukkaq said recent criticism that Canada is unprepared for a second wave of the pandemic is unfounded.

DECLARATION The former high-profile Ontario cabinet minister criminally charged in the death of a bicycle courier says he's innocent of the accusations against him. Michael Bryant made the comments in a statement yesterday.

THE CANADIAN PRESS

No turning back, says Ignatieff

POLITICS Michael Ignatieff says there's no turning back on his decision to try to topple the Harper government this fall, and it's now up to the other parties to decide what they want to do.

The Liberal leader suggested yesterday that there's nothing Prime Minister Stephen Harper can do to persuade Liberals to continue propping up the minority Conservative government.

"We're not in negotiation here. We did that in June," Ignatieff told a news conference wrapping up a three-day Liberal caucus retreat.

Ignatieff backed away from the brink of an election in June, agreeing to negotiate potential reforms to employment insurance over the summer.

But he said those negotiations, which quickly became mired in partisan squabbling, proved the Harper government can't be trusted to deal in good faith with opposition parties.

THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

Liberal Leader Michael Ignatieff kisses the head of a baby boy as he's held by wife Zsuzsanna Zsohar following the Liberal's summer caucus yesterday in Sudbury, Ont.

Tribunal upholds free speech rights

Ban of Internet hate messages 'unconstitutional,' says member

A ruling from a Canadian Human Rights Tribunal member says a controversial law banning Internet hate messages is unconstitutional because it violates free speech protections.

Athanasios Hadjis ruled Wednesday that section 13 of the Canadian Human Rights Act violates Charter protections. While this decision doesn't throw out the law (that's something for the courts) it did let accused hatemonger Marc Lemire off the hook, because Hadjis refused to penalize him or order him to stop posting his messages.

If the example is followed by other tribunal members, it could mean an end to section 13 cases.

Hate accusations are filed with the Canadian Human Rights Commission. If it finds them valid, they are then taken before the tribunal, which can impose fines of up to $10,000.

THE CANADIAN PRESS

Section 13

- The section originated in the 1960s as a tool against racist phone hotlines and was later extended to the Internet. It's come under harsh criticism recently.

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Weapons stockpile found buried in Greece

Greek authorities say they have discovered eight anti-tank rockets buried in northern Greece. The cache was found in a forested area outside Thessaloniki. THE ASSOCIATED PRESS

World

Indian politician missing

A helicopter carrying a powerful politician from southern India disappeared in heavy rains yesterday as it flew over a forested region infested with Maoist rebels. Air force helicopters rushed to the area to search for the aircraft carrying Y.S.R. Reddy, left, the 60-year-old chief minister of Andhra Pradesh state. THE ASSOCIATED PRESS

Afghan officials killed in suicide bomb blast

AFGHANISTAN A Taliban suicide bomber attacked officials leaving a mosque east of Kabul yesterday, killing the country's deputy intelligence chief and 23 other people in a major blow to Afghanistan's security forces. A Taliban spokesman claimed responsibility for the bombing, which happened as Afghan dignitaries were leaving a mosque after Ramadan ceremonies.

The bomber approached the crowd on foot and detonated an explosive belt, killing 23 people, including Abdullah Laghmani, deputy chief of Afghanistan's National Directorate for Security and the target of the attack, according to provincial spokesman Sayed Ahmad Safi. The chairman of the local provincial council and the executive director of the local governor's office also died in the blast, Safi said.

Laghmani, a close ally of President Hamid Karzai, was a major figure in Afghanistan's intelligence apparatus and his death was a setback to Afghan efforts to curb Taliban activity. THE ASSOCIATED PRESS

Karzai closer

- Afghanistan's election commission says President Hamid Karzai is moving closer to the 50 per cent threshold that would allow him to avoid a run-off in the country's presidential election. In results released yesterday, Karzai has 47.3 per cent of votes counted while top challenger Abdullah Abdullah has 32.6 per cent.

Dozens dead in earthquake

Magnitude 7 quake rocks Indonesian island; tsunami warning called off

At least 44 people were killed and dozens were missing after a strong earthquake rocked southern Indonesia, unleashing mudslides that buried villagers in their homes, disaster management officials said yesterday.

At least 110 people were hospitalized after the 7.0 magnitude quake just off the coast of the densely populated Java island, Disaster Management Agency spokesman Priyadi Kardono said, adding that 10 of them were in critical condition.

The afternoon tremor caused heavy damage across West Java province, where 700 buildings were severely damaged or toppled. Most of the deaths and injuries were caused by falling debris or collapsed walls and rooftops.

PK IRAN RAKYAT DAILY/THE ASSOCIATED PRESS

People stand outside a house destroyed by a powerful earthquake yesterday in West Java, Indonesia.

A village in Cianjur district was hit by a landslide, burying dozens under tons of rock and mud. At least 10 bodies were recovered and villagers were digging in search of around 40 people listed as missing, Kardono said.

The prolonged shaking from the quake, which the Indonesian Meteorological and Geophysics Agency put at a stronger 7.3, was felt hundreds kilometres away on the neighbouring resort island of Bali.

In the capital, Jakarta, 190 kilometres away, thousands of panicked office workers flooded out of swaying skyscrapers onto the streets, some of them screaming.

The Disaster Management Agency said at least 44 people died. With several dozen reported missing, officials said they feared the death toll would rise. THE ASSOCIATED PRESS

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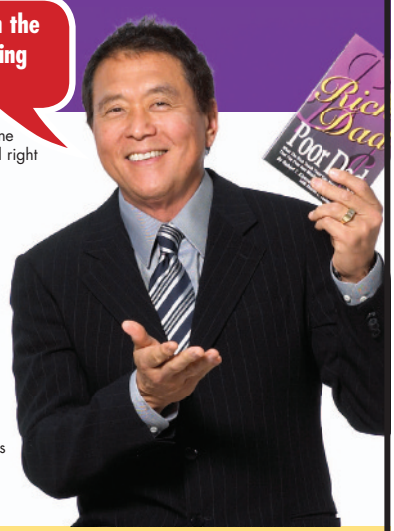

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Pakistani minister hurt in brazen attack

ISLAMABAD Suspected militants opened fire on a vehicle carrying Pakistan's religious affairs minister yesterday, wounding him and killing his driver in a brazen attack in the heart of Islamabad.

Hamid Saeed Kazmi had been critical of militants blamed for scores of attacks in Pakistan over the last three years.

Fellow ministers said extremists were suspected in the shooting, which took place as police in Islamabad were on high alert amid fears of revenge attacks by Taliban militants following the Aug. 5 killing of their leader, Baitullah Mehsud, in a CIA missile strike.

"We are not scared, we are not afraid of these cowardly acts," said Health Minister Ejaz Jhakrani.

"Everybody is under threat because the government is committed and firm in the war against terror."

Kazmi was shot in the leg and was in stable condition, said Dr. Masood Pashad. Media reports said his life was not in danger. The driver of the car was killed and a guard was also wounded in the attack, said police officer Tahir Alam. THE ASSOCIATED PRESS

"We are not afraid of these cowardly acts." Pakistani Health Minister Ejaz Jhakrani

News in brief

CALIFORNIA Firefighters made more progress yesterday against a giant wildfire that has ravaged a national forest north of Los Angeles as investigators searched for more information about how the fire started. Deputy incident commander Carlton Joseph said that the fire was human-caused, but it's not known specifically how it was started or whether it was accidental or arson.

LIBYA The man convicted in the 1988 Lockerbie bombing was taken to intensive care yesterday after his illness from terminal prostate cancer worsened, family members said. Abdel Baset al-Megrahi's health has swiftly deteriorated since he was released from a Scottish prison less than two weeks ago and returned home to Libya to die. THE ASSOCIATED PRESS

Netherlands **Lily baby**

PETER DEJONG/THE ASSOCIATED PRESS

Two-month-old Senna Yetkinbudak lies on the leaf of a giant water lily at the Rotterdam Zoo yesterday. The zoo organized the event for parents to take pictures of their children. The leaves can grow up to three metres in diameter and can easily support a weight of 15 kilograms.

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Comment

For the love of money

Study finds opposites attract when it comes to spending

Relating

Steve Collins

metronews.ca/collins

Money is not the most important thing in the world. Love is. Fortunately, I love money.

– Jackie Mason

In matters of money, is your ideal mate frugal or frivolous? The answer may be itemized in your own credit card statement.

Researchers at the University of Michigan's Ross School of Business who surveyed 1,000 married and unmarried adults identified a tendency for skinflints and squanderers to seek each other out.

The more unhappiness respondents reported with their particular monetary kink, whether it was overspending or oversaving, the more they were attracted to the other extreme. In this case, it seems opposites really do attract, and, as even a non-scientist might predict, that's trouble.

Take the typical couple's set-tos over money matters then add the irritant of one partner obsessively building a nest egg the other seems intent on poaching. Stir vigorously and duck.

At this anxious economic pass, obviously it's the profligate spender who's going to take the most flack, but what about the stimulus-choking hoarder? Neither extreme approach to money is necessarily a virtue.

Perhaps the cheapskates need to learn to loosen up a little as much as the shopaholics need a bit of self-restraint.

There's a simple division of labour argument to be made: If you either can't balance a cheque book or can't pry it loose for a much-needed vacation, it only makes sense to find someone who can. But can you ultimately live with that someone?

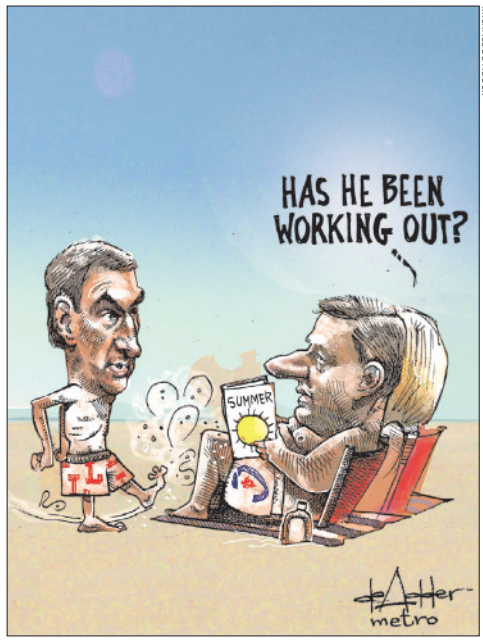
But as some women find themselves drawn, mortifying clichés notwithstanding, to the bad boy, perhaps Mr. Bad Credit Rating has a similar allure. I've never been seriously tempted to hook up with a big spender, and just between you and me, I've never been financially well-endowed enough to really tempt one, either.

There isn't much fiscal turmoil at chez Steve. I'm half Scottish and my thrifty beloved is not only Scotch but also Dutch. Loath as I am to perpetuate ethnic stereotypes, she's definitely the more penny-pinching half of this small-spending couple. When we go out, she audits me for over-tipping, though she's a softer touch when hit up for spare change.

A married couple we know are our opposite, but also allegedly financially compatible. Neither is what you'd call tight with a dollar. Both are impulse buyers, neither ever has much money left over, and they give each other hell about it. (This is far from the only thing they spar over.)

We muddle through based on roughly similar values, lots of laughs and uncommonly good chemistry. Separate bank accounts, in my experience, are also helpful.

Steve Collins offers his best guesses on relationships for Metro every two weeks.



MICHAEL DE ADDER

Views

Runner's gender testing tests prejudices

FourthWave

Canice Leung

metronews.ca/fourthwave

When the world poked and prodded at prodigious South African runner Caster Semenya, musing whether she was a he, I assumed feminists would universally come to her aid — not so.

Take Germaine Greer, who advocated sexual liberation in her book The Female Eunuch, yet once opposed the appointment of a transwoman colleague to a fellowship at a women's college because she used to be male, and named a chapter in one of her books "Pantomime Dames."

She wrote this about the gender-ambiguous in the Guardian two weeks ago: "Nowadays we are all likely to meet people who think they are women, have women's names, and feminine clothes and lots of eyeshadow, who seem to us to be some kind of ghastly parody, though it isn't polite to say so."

Funny ... as a biological female I often feel like a ghastly parody — my curves not globular enough; too much makeup or not enough. Men, women and in-between all fear they don't resemble their idealized images.

Woe be to the individuals whom genetic roulette places on the middle of a continuous spectrum somewhere between male and female. We've learned to tolerate most every kind of change in stride (politics, religion, lifestyles), but not gender-bending.

The historical outcome of gender testing, before it was discontinued in 1999, was mostly a bunch of identity crises when female athletes learned they had chromosomal disorders. Most recently, India's Santhi Soundarajan was stripped of her Asian Games silver medal in 2006 after she was found to have androgen insensitivity syndrome, in which a genetic male appears female because the body is resistant to male hormones.

Poor girls. Never mind the garbage that passed as evidence of maleness in the media (Semenya dislikes dresses, dolls and romantic movies, her friends and relatives say) — merely being athletically competitive is a transgressive act that thrusts women into a man's world. If anyone should have understood, it was Semenya's colleagues, but they, too, turned against her.

"These kinds of people should not run with us. For me, she's not a woman. She's a man," accused Italian Elisa Piccione, who finished sixth to Semenya.

Luckily for Semenya, her urine test results showed high but acceptable testosterone levels. Soundarajan, shamed into giving up a promising career, told Time magazine the experience left her "physically and mentally broken." She had advice for Semenya, too: "A gender test cannot take away from you who you are."

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.

Worth mentioning

Robot revolution around the corner, developers say

Forty-seven years ago this month, The Jetsons splashed onto our TV screens, promising us a world in which middle-class families would have Rosie The Robot — a lively, caring machine that could keep an eye on the kids, clean, and scold the occasional rude guest.

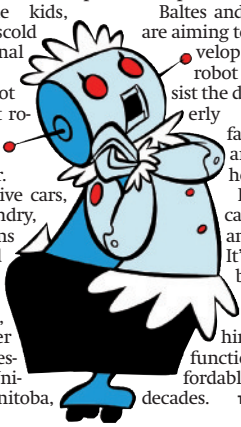
We're not there yet but robot developers say we're getting closer.

"They'll drive cars, do your laundry, carry weapons and do bad things as well," said Jacky Baltes, a computer science professor at the University of Manitoba, who has been developing a robot called Archie in conjunction with the Vienna University of Technology in Austria.

"This revolution is going to be much bigger than the computer revolution."

Baltes and his colleagues are aiming to eventually develop Archie into a robot that could assist the disabled, the elderly and everyday families in tasks around the home.

For now, Archie can walk forward and backward. It's early days yet, but Baltes feels Archie or some robot just like him will be fully functioning and affordable within a few decades. **THE CANADIAN PRESS**



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IPSOS REID

Superior Plus to buy Sunoco assets in U.S.
Superior Plus Corp., Canada's largest propane dealer, says it is scooping up U.S.-based Sunoco Inc.'s retail heating oil and propane distribution business for $82.5 million US in cash plus working capital, to boost its presence stateside. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Large drop in oil profit expected

Oil industry profits this year are expected to be 24 per cent lower than in 2008, the Conference Board of Canada predicted yesterday, citing a startling drop in crude prices as the main culprit.

"The Canadian oil industry has long been a boom or bust industry, and that has been the case over the past year," said Todd Crawford, an economist with the Ottawa-based economic think-tank.

The Canadian oil industry's pre-tax profits are estimated to drop to $11.6 billion, down from $15.3 billion in 2008. The price of crude oil touched record highs above $147 US per barrel last July, only to shrink by three quarters within six months to below $35 US per barrel. Prices have since doubled to around $70 US per barrel, but remain less than half their record highs.

Oil production is expected to increase only 1.8 per cent this year compared to 2008, when output fell.

Citing dismal commodity prices and tighter access to capital, a number of oilsands players deferred or outright cancelled oilsands projects. THE CANADIAN PRESS

Gas excluded

- The Conference Board forecast excludes the natural gas extraction industry, which has been hit even harder in recent months than its oil-focused counterparts.

Ford Canada plays clunker card

AUTO In the latest battlefront in the country's competitive auto market, Ford Motor Co. of Canada jumped ahead of its rivals yesterday by offering consumers up to $3,000 if they scrap their old autos and buy new company vehicles.

That's double the amount Chrysler Canada is using to entice customers in its "cash for clunkers" program. rolled out two weeks ago, a few days after Hyundai Canada jolted the market with a "clean air commitment" that gives consumers up to $1,000 to recycle their old cars.

"This, in our minds, is first and foremost a sales and economic stimulus with great incremental benefits for the environment," said David Mondragon, Ford's CEO.
TORSTAR NEWS SERVICE

Business in brief

DRUG CRIME Pfizer Inc., the world's largest drug maker, will pay a record $2.3 billion US civil and criminal penalty over unlawful prescription drug promotions. Announcing the settlement yesterday, the Justice Department said that it included the largest criminal fine in U.S. history — $1.2 billion. The agreement also included a criminal forfeiture of $105 million. THE ASSOCIATED PRESS

ISOTOPES Canadian life sciences company MDS Inc. plans to sell off most of its major divisions and focus on its Nordion unit, which includes the troubled medical isotope business that has been struggling with a prolonged shutdown of a government-owned nuclear reactor in eastern Ontario, the company announced yesterday.
THE CANADIAN PRESS

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Canada still No. 66 in world soccer
Confederations Cup champion Brazil is atop the FIFA rankings for a third straight month. Canada remains unchanged at No. 66. THE ASSOCIATED PRESS

Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Coyotes' fate on hold

Hearing adjourned without ruling on Balsillie's bid

Jim Balsillie's bid for the Phoenix Coyotes remains on hold.

A U.S. bankruptcy hearing adjourned yesterday without a decision on whether the BlackBerry boss could take part in an auction for the troubled NHL franchise. There was no immediate word on when Judge Redfield T. Baum will rule on the issues.

"I totally respect the court process. Whenever he rules it I will respect his ruling," Balsillie said.

"I still think our bid is best by far the best for creditors, for fans, and the long-term viability of the team. All I wanted from the very beginning is a chance for a level-playing-field court-supervised auction where we could participate."

"I totally respect the court process. Whenever he rules it I will respect his ruling." Jim Balsillie

"The process continues, but we are getting closer to a culmination of these proceedings," added NHL commissioner Gary Bettman, who added he was not disappointed that Baum did not make a ruling yesterday.

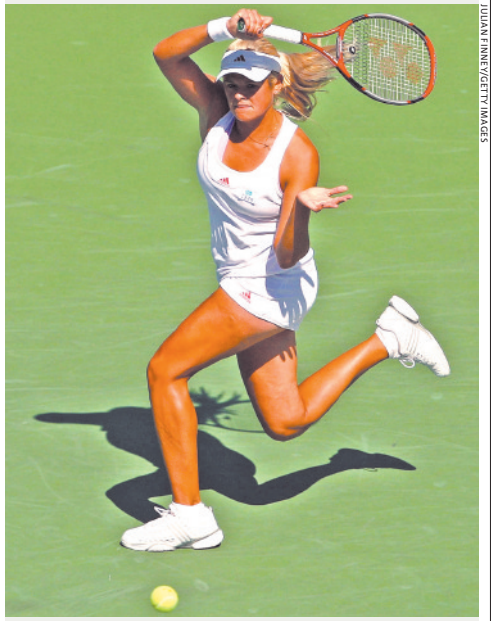
"I don't think that would be a fair characterization," he said. "As the judge indicated, a tremendous amount of paper and pleadings have been submitted. I'm sure the judge wants to be completely comfortable he's had ample opportunity to review everything and reflect on it appropriately."

In court, lawyers for the NHL and Balsillie offered different visions of the Coyotes this season.

The NHL defended its position not to accept Balsillie as a potential owner and insisted the team had to stay in Arizona while a lawyer for the Canadian billionaire claimed that the team could move to Hamilton partway through the season.

THE CANADIAN PRESS

U.S. Open Wozniak wins again



JULIAN FINNEY/GETTY IMAGES

Aleksandra Wozniak of Blainville, Que., returns a shot against Amelie Mauresmo of France yesterday at the U.S. Open. Wozniak beat Mauresmo, who has won 25 tournaments, 6-4, 6-0.

Canadians face tough test tonight

HOCKEY Canada's last game against the U.S. in women's hockey was one of its worst in recent memory.

The two countries meet tonight for the first time since the Americans beat the Canadians 4-1 in Hameenlinna, Finland, in April to win a second straight world championship.

"You never forget those games for sure," captain Hayley Wickenheiser said yesterday. "We basically beat ourselves. We made key mistakes which gave them the opportunity to take the game."

This week's Hockey Canada Cup is a test event for the Olympics Games next February. Canada and the U.S. will meet up to 10 times prior to Feb. 13 when the women's Olympic hockey tournament opens in Vancouver.

Barring an upset in Saturday's semifinal round, Canada and the U.S. will also meet in Sunday's final at GM Place.

About 5,000 tickets for both today's game and the Sunday's final had been sold yesterday for a building that holds almost 19,000.

For the 26 Canadians trying out for the Olympic team, this week is an opportunity to stamp the rink as their home ice and create confidence in it.

THE CANADIAN PRESS

Sports in brief

PACMAN The Winnipeg Blue Bombers won't be signing Adam (Pacman) Jones after all. The team announced yesterday it has ended its pursuit of the controversial ex-NFL cornerback, one day after a source told The Canadian Press that Jones had agreed to join the Bombers.

BOLT Usain Bolt may well go for four gold medals at the 2012 Olympics in London — but it won't be his decision. "I always leave the decisions up to my coach," Bolt said, when asked about the possibility of chasing four golds. METRO NEWS SERVICES

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Metro Homes

Green-rolling

Dynamic paint products has released a line of eco-friendly painting tools including the Enviro-Roller — which they call the world's first green roller. Enviro-Paintware products are available at major and independent retailers of hardware, paint, and decorating items.
METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Memories at Legacy on Lake Mara

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A new waterfront development of 65 recreational homes in the Shuswap Valley features a private marina with boat moorage — an increasingly rare opportunity in the region.

Legacy on Mara Lake is a $100-million project in a popular vacation spot that has been a summer holiday destination for generations.

Developer and Sable Resorts president Sam Boguslavsky said the name is apt.

More info

- Located outside Sicamous, Mara Lake is one of six lakes in the Shuswap region.
- On site amenities at Legacy include a pool, children's wading pool and fitness centre.
- For more information, visit legacyonmaralake.com or call 1-866-656-0291.

Legacy on Mara Lake features a private boat marina.

"It's an opportunity for those that grew up spending summers at Shuswap to revisit those memories and for those just discovering this spectacular lake, it's an opportunity to establish those roots," Bogulavsky said.

Suites in Legacy range in size from 660- to 2,189-square-feet. Prices start at $299,000 for a one-bedroom suite.

The private marina has a limited number of boat slips available. Due to its advanced design, depth and breakwater system, it will be the most sophisticated marina in the area.

Each suite has maximized views of the lake and the kitchens feature granite countertops and top-of-the-line stainless steel appliances.

Quartz countertops and deluxe jetted soaker tubs are among the high-end finishings in the bathrooms.

Suites also feature high ceilings and floor to ceiling windows.

FOR METRO VANCOUVER

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Inspiration out of Africa

Homes in **Style**

EMMA YARDLEY
for Metro Canada

Pierre-Emile Legrain, one of the founders of the Parisian Art Deco movement in the early 20th century, made it his mission to integrate African arts into Western decor. His work popularized the African-influenced motifs found in interiors today.

"Ritual and utilitarian objects from Africa, which were previously considered curiosities, became sources of inspiration," says Dr. Silvia Forni, an assistant curator at the Royal Ontario Museum and expert in African culture.

"Since then, many western furniture and fashion designers have found inspiration in African forms and materials in the creation of new and fascinating lines."

African-inspired animal prints and materials provide a neutral colour palette that seamlessly blends with your other furnishings.

The woven grass and curved rattan wood used to make this 1960s-inspired Tunis chair are both natural materials found throughout the African continent. Anthropologie, $948, anthropologie.com.

When it feels as hot as the Serengeti, flick on this hand-woven wicker Hunter ceiling fan to help cool you down. The Home Depot, $269, homedepot.ca.

The combination of curlicue armrests and worn leather is a great example of using raw materials in classic furniture. Cotswold Sofa, $5,298, Anthropologie, anthropologie.com.

Artisans in Africa make these Queen Mother dark wood stools by hand; the sale of this fair trade product provides these artists with a living wage and good working conditions. ROM Museum Store, $299.97, rom.on.ca.

Metro's Pick: The Queen Mother dark wood stool accomplishes the triumvirate of class, substance and style.

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Laptop fashion
Carry your laptop around in style with this Golla Sleeve, which fits most nine-inch laptops. Available for $34.99 at Future Shop, futureshop.ca. METRO NEWS SERVICES

Back To School

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

If the shoes fit...

LEYLA EMORY
for Metro Canada

Going back to school may be a pain, but new shoes are always a pleasure.

"Back to school marks a time for new footwear," says Joe Houlihan, head of shoes for Walmart Canada. And this year it's about getting "back to basics, with traditional styles being the real winners," according to Katherine Chapman, chairman of Olly Shoes.

The Payless Smartfit Tod Cute Boot, far left, is $29.99, while the Payless Smartfit Pom Pom fur boot is $39.99. Go to canada.payless.com or phone 1-877-474-6379 for more. The ballerina flats, above, are $19 a pair at Walmart, walmart.ca.

Rich purples are a hit this fall, as seen in Ecco's Summerday purple shoe, ($120 at eccocanada.com), left, and UMI's Fauna shoe ($64.95-$69.95 at Olly Shoes, ollyshoes.com), right.

For girls, think fashion boots and ballerina flats. "Rich purples and pinks are a constant favourite," says Chapman.

For boys, it's all about the athletic look. "The DC brand skater shoe has been a big hit in lace-up styles, which offer greater support for activity," she adds.

But graphic canvas sneakers are the universal "it" item for this year's schoolyard catwalk, according to Mardi Larson, spokesperson for Payless Shoes. "What better way to show personal style than by sporting the latest in wearable art? Another big trend this season is tattoo-inspired appliqués, frayed edging, colour blocking, patterns, edgier details than ever before."

Plaid is also making a comeback.

Walmart's "'Mad about plaid' styles range from small feminine plaids to tartan, tweed and Buffalo checks," says Houlihan.

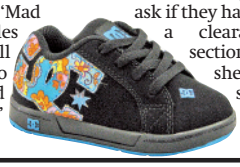
And affordability never goes out of style. The average Canadian will be spending about $80 on shoes, according to Walmart.

The object is to make that go as far as possible. Payless is offering its signature Bogo sale — buy one, get the second for half-price, while Walmart's shoe assortment starts at $8 — part of its Top 10 Back to School Items for Under $10 promotion.

Chapman recommends doing your homework. "To save money, ask if they have a clearance section," she says. "These are always the same quality products that the store carries, but likely from last season so they will be clearing them out at greatly reduced prices.

"Ask if they have a membership program that ties in to discounts for products purchased. Also many stores will email their members with sale notifications, be sure to get on their list," Chapman says.

The Payless Airwalk Rave Skate is $27.99. Go to canada.payless.com or phone 1-877-474-6379 for more. The DC Court Graffik shoe, far left, is $44.95 at Olly Shoes, ollyshoes.com.



This range of boys and girls athletic and skate shoes range in price from $15-$20 a pair at Walmart, walmart.ca.

And when it comes to shoes, size matters. To get the most out a purchase, make sure the shoe fits.

"It's important to go to a store that understands how to properly fit your child," says Chapman. "It's fine to allow for some growing room, but not so much that it hinders the child while walking or running — which could lead to a fall."

Help your kids get off to a good start with this simple checklist

The first bell at school may still be a few days away, but educators agree that a smooth transition back into reading, writing, and arithmetic routines takes some thoughtful planning in advance by parents.

"One of the most accurate predictors of student success is not family income or social status, but the extent to which parents are involved in their children's education," says Dr. Donna McGhie-Richmond, educational specialist with Kumon Math and Reading Centres.

"Parent involvement in education is essential for many students, reinforcing the importance of learning."

To help your children get off to a good start this year, here is McGhie-Richmond's checklist:

• If your child is just beginning the school experience, discuss what can be expected on the first day such as learning class rules, catching up with friends, and making new ones. Show your child the route to school, and make a visit there before classes start.

• Get to know the teachers. Make them aware of out of the ordinary circumstances at home. Let teachers know you expect and appreciate progress information — both positive and negative.

• Set up a regular place at home for schoolwork. Make sure it is well-lit, clutter-free, with paper, pencils, pens, computer, and a dictionary and thesaurus.

• Involve your child in putting together a back-to-school "kit" of supplies that will be needed in the upcoming year. Ask the school for ideas if needed.

• Establish a regular study time for your child every day. Agree on a time and stick to it: Even if homework has already been completed, use the study time for reading or reviewing the work. Mark off the time on a calendar.

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Learning curve on classroom Net-iquette

Students are embracing technology in the classroom while educators grapple with proper use and courtesy issues.

The technology wave sweeping the world has many people searching for a happy medium of when and where to use cellphones, BlackBerrys and laptops.

Nowhere is this more apparent than in our classrooms, where students are embracing the technology while educators and administrators grapple with proper use and courtesy issues.

Susan McCahan, an engineering professor at The University of Toronto, says most schools do not have strict policies on the use of electronic devices, since most situations can be controlled by basic classroom etiquette.

"Someone may just have a peek at something — but it can be distracting if it's in your peripheral vision."
Queen's University student Brendan Coughlin

Simply put, if McCahan thinks their use is causing a distraction in class, she has the right to address the situation.

"The use of technology can be considered a cornerstone in engineering," she says. "Our classrooms are rigged for instant access to information via computers and other devices that help students work as a team."

But she admits it can be very disconcerting to see students surfing the Web, emailing friends or even watching movies on their laptops during her lectures.

Brendan Coughlin, 19, a third-year art history major at Queen's University in Kingston, suggests that up to 25 per cent of students are distracted by their laptops at any given time during a lecture.

"Someone may just have a peek at something — but it can be distracting if it's in your peripheral vision," he says. "You can momentarily lose your focus, and you really don't need that during a lecture."

He says the worst is when you're sitting near a fellow student who has no intention of paying attention and just flips from site to site, video to video, all through the lecture.

McCahan has a three-strike policy to control disruptive electronic devices. On a third offence, the student is asked to leave the class and will only be allowed back after a meeting with the professor.

"I tell my students that this is what's it's like in the world of business — a world that they will soon join as engineers — and that they had better be prepared for it." TORSTAR NEWS SERVICE

Dorm life can lead to lack of sleep

Bedtime rituals at home for 19-year-old Maddy Crawford include cookies and milk and propping the bedroom door open before she climbs into the double bed in a room she has to herself.

Crawford likes her sleep and goes to bed at a reasonable hour. But all that is set to change this fall when she moves into a shared dorm room at Queen's University in Kingston, Ont.

"It will be weird living with someone and not having everything just — there," says Crawford, who plans to take earplugs when she leaves her Peterborough, Ont., home for school.

Adapting to life at university — and particularly to residence, with a roommate in close proximity and noisy neighbours — could put her regular sleep pattern out of whack. And experts say that can lead to students racking up a sleep deficit that keeps them from functioning well, both physically and mentally.

With little sleep and lots of stress, students are vulnerable to irritability and depression, says Colin Shapiro, director of the Youthdale Child and Adolescent Sleep Centre in Toronto. Existing conditions such as diabetes, chronic fatigue and asthma can also worsen with sleep deprivation.

He says a lot of memory consolidation occurs during sleep, and having too little can impair cognitive performance at the very time students are being stretched academically.

"Most people have the odd notion that just because they're a human being, they are born to be capable of sleeping well," says Shapiro, but that's not always the case.

The good news is that in itself, the move to a dorm usually creates only temporary sleep difficulties. Most people find it hard to sleep in a new environment but the problem usually doesn't persist more than a few days, he says.

Only those students who are sensitive to noise and other distractions will have long-term trouble sharing a dorm room.

Last year, Karen Werden moved from her home in Aurora, Ont., to a residence at the University of Waterloo. She chose to stay in a shared dorm room to be close to classes and force herself to get to know people.

Werden, 19, says she needs eight hours' sleep, and if she doesn't get it, she zones out during the day, unable to focus on what's happening in class.

Three weeks into first year, her roommate dropped out, so Werden had the space to herself. But in second term, she acquired a new dorm mate who stayed out late. Werden often found herself wide awake until 2 or 3 a.m.

Throughout the year, Werden got a lot less sleep than she had at home. She didn't consider going to bed before midnight, and only began thinking about getting some shut-eye at 1 a.m., when the residence began to quiet down.

"It's not even loud partying and music," she says. "Just, people are up and about and active."

Her marks dropped by 10 per cent in first term and slipped again in second term. She went from an 85 per cent average in high school to grades in the high 60s or low 70s.

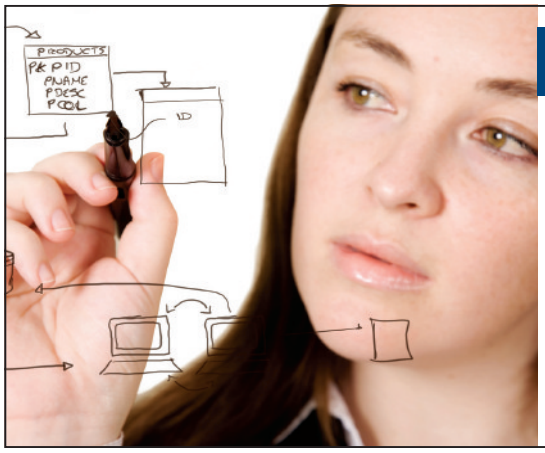
Shapiro says students need exactly the amount of sleep that makes them feel refreshed and able to function well. But that amount can vary widely — six hours for some, 10 for others.

While light is the biggest influence on the body's internal clock, social cues also have an effect, he says. In general, young people whose body clocks are adjusting to shorter adult sleep patterns will have trouble regulating their sleep — even without the added complications of residence life.

Adapting to life in university residence, with noisy neighbours and roommates, could disturb your sleep patterns.

"If you're having much more social interaction because you're in a university residence than you did at home, that's going to be a problem," he says.

Shapiro says sleep improves when people develop a regular routine that includes exercise and healthy eating. Eating at odd times or drinking alcohol reduces the quality of sleep. Coffee is helpful as a temporary measure, but "the only real solution for lack of sleep is sleep," he says. THE CANADIAN PRESS



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TECHNOLOGY CHANGES EVERYTHING
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Canadian parents are expected to spend an average of $310 to get their children ready for school, and an additional $406 on school-related incidentals, a recent report by Scotiabank says.

Parents won't scrimp on spending: Study

Canadian retailers hoping for some good news after enduring the effects of the recession can take solace in a study suggesting parents are not planning to scrimp on back-to-school spending this year.

Scotiabank said Monday that parents will spend an average of $310 to get their children ready for the return to school, about the same level as last year.

Throughout the year, parents expect to spend an additional $406 on school-related incidentals from field trips to pizza lunches. Such expenses affect all parents with school age children, but 71 per cent say that they have not budgeted for these costs.

Scotiabank's deputy chief economist Aron Gampel said Canadian spending on school-related goods and services are more stable than other discretionary purchases during both good and bad times. Part of this can be explained by the importance parents feel about their children's education.

This year's response comes in a backdrop as well in a restoring consumer confidence.

"Canadians are feeling a little bit more cheerful about the outlook, but clearly because of the lingering recessionary conditions in this country and employment conditions obviously being one of the major concerns out there, it's certainly not going to be a barn burner by any stretch of the imagination," he said in an interview.

While parents are unlikely to reduce overall spending, they will continue to be very cautious and be driven by deals, which spells particularly good news for discount stores, that have been less affected by the recession.

The Retail Council of Canada said stores are cautiously optimistic about this year's shopping season.

"Sales will be somewhat dependent on regional differences, but overall our members anticipate sales at around the same level they saw last year," said spokesman Mark Beazley.

Consumers may face less selection later in the season, however, as retailers have cut inventories to control costs.

Beazley said consumers begin shopping for basic and necessary items such as stationary, clothing and books in the weeks leading up to the first day of school. The rest is purchased in the first week back when teachers indicate required supplies and students have figure out cool trends.

For older students, the hot items this year will be tech gadgets such as notebook computers and smartphones, says Duncan Stewart, director of research at Deloitte Canada for technology, media and telecom.

"Technology and telecom is probably going to capture a bigger piece of the pie than it has in past years," he said in an interview.

With notebooks and phones selling for about $300, many parents are increasingly able to fit the items in their budgets, he said. Those willing to spend more may opt for ultra-thin notebooks that sell for between $700 and $1,000.

Stewart said Apple's iPhone and Research in Motion's BlackBerry will remain popular as smart phones "continue to be the astonishing growth story of the recession."

"We expect very strong smart phone sales this year and back-to-school is going to be driven by it." THE CANADIAN PRESS

Hot items for older students include smartphones, such as the BlackBerry, above, and the iPhone, left.

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Clean hands critical: Experts

Washing hands at school is even more important this year due to the expected H1N1 flu pandemic, experts say.

When Karen Shein sends her two children off to elementary school next week, they will be packing more than just the usual back-to-class gear.

Tucked into their school bags will be alcohol-based hand sanitizer, little bottles of insurance against the onslaught of germs they are sure to encounter as kids once again gather en masse for the annual September rite of passage.

And this fall, with a surge of H1N1 flu cases possibly in the offing, keeping little hands clean could be more critical than ever to prevent children getting sick or spreading the virus to others.

"With the pandemic," says Dr. Bonnie Henry of the B.C. Centre for Disease Control, "we've been saying it's really important this year more than others, even, for you to have the ability for children to wash their hands, because we know that influenza is what we call 'amplified' in schools."

But while public health officials press home the message that good hand hygiene is one of the best ways to beat this usually mild but potentially deadly bug, not all schools are equipped to provide the basics needed to accomplish that goal.

"I've taught the kids how to wash their hands properly and also how to use a paper towel to shut off the tap and exit the washroom after their hands have been cleaned," Shein says of her eight-year-old daughter and five-year-old son.

But there's a problem: while washrooms in their school are equipped with soap dispensers, there are no paper towels, she says.

"It's frustrating because you send them to school and the school's teaching certain things but not necessarily doing them."

Years of budget restraints have forced many Canadian schools to trim expenses — and often that has meant stripping items, such as costly paper towels, which were once seen as basics.

Henry, director of Public Health Emergency Management at the BCCD, says finding enough resources is an issue for schools all across the country.

"I mean dollars and people, so the janitor that always used to go around and clean things," she says. "Many schools now share a cleaning service between a number of schools and they don't have somebody that's dedicated to their own facility.

"There's a lot of issues in schools around keeping soap and paper towels. And, of course, there's the balancing of concerns between having hot water and cold water and warm water."

Added to that is the reality that some children abuse supplies, playing with soap, scattering paper towels around the washrooms and turning the hot water tap on too high, putting a child in danger of getting scalded.

"So it's not a simple issue."

Chris Broadbent, manager of health and safety for the Toronto District School Board, agrees that both cost and vandalism are concerns when it comes to stocking washrooms in its 560 elementary and secondary schools.

In rare cases, high school students have even set fire to rolls of paper towel in washrooms, he says.

"Kids being kids, I guess, there are some that are mischievous enough that they will empty the toilet roll or whatever. We put a lot of mechanisms and locks in place that try to defeat that, but they can be creative at times."

Over the years, expensive and environmentally wasteful paper towels have given way in many schools to hand dryers, he says.

"But all of our washrooms are equipped with liquid soap and-or hand dryers of one description, whether it's paper towels or an electric hand blower."

While students aren't encouraged to bring their own hand sanitizer, schools can order it from the board's distribution warehouse, Broadbent says.

"With H1N1, a lot of schools took the precaution of providing one for every classroom, but it's under the control of the teacher, obviously. And it's there to support handwashing, not as an alternative."

"We clearly support and promote proper handwashing as the best way to go," says Broadbent, noting that the board has worked with Toronto Public Health to provide handwashing reminder signs for schools, a hand-hygiene DVD as part of the curriculum and a streaming video on its website.

This week, the government of Manitoba sent out updated information about H1N1 to school principals and superintendents, including measures for preventing infection.

Schools across the province have been advised to encourage students to sneeze or cough into elbows or sleeves, to wash their hands often with soap and water, and to avoid touching their eyes, nose or mouth.

"When soap and water are not available, hand sanitizers may be an acceptable alternative if hands are not visibly soiled," the influenza advisory says.

Henry says she has no problem with kids bringing their own hand sanitizer to school as a backup.

"We do know that even young children, if the teacher is involved, can use alcohol-based hand rubs."

But for making sure hands are clean and aren't a conduit for bacteria and viruses, nothing can beat plain soap and water, she says.

"Washing your hands is one of those things that's old-fashioned, but it still makes a lot of sense — and it's as true today as it was hundreds of years ago," she says.

"There are things that we can do that will protect us and they're not high-tech. They're very simple and they do work."

THE CANADIAN PRESS

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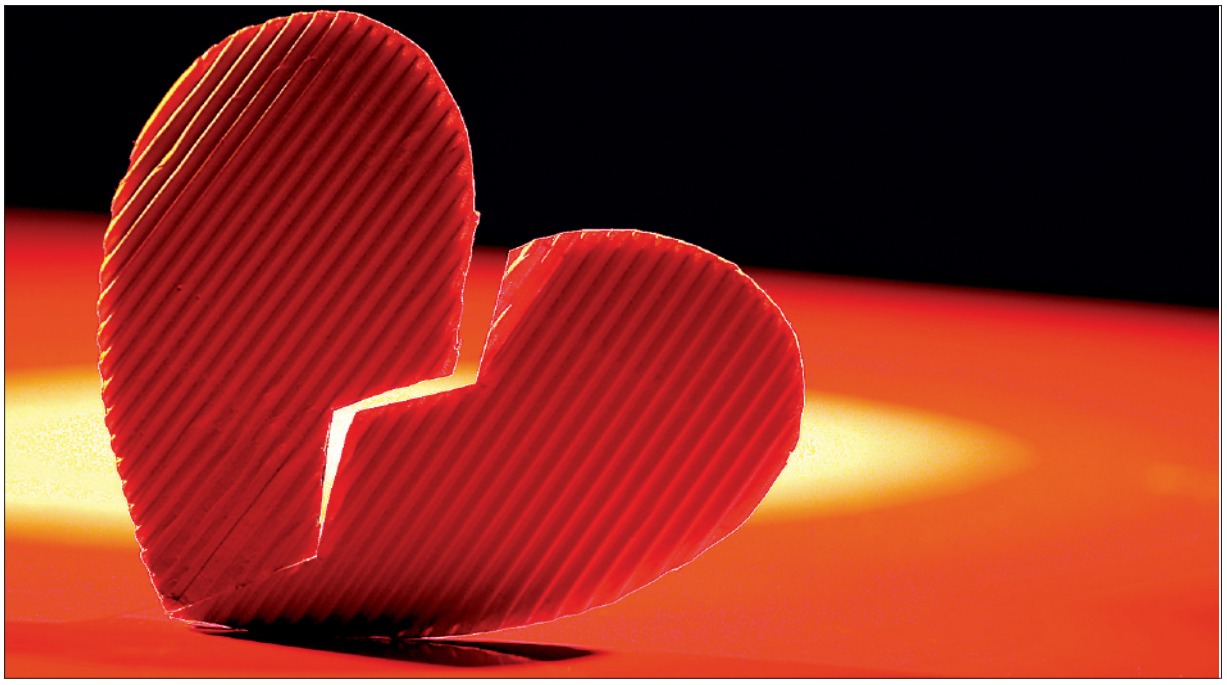
When teen relationships go bad

As local teens return to the world of teachers, books and homework, many will also be looking forward to their first tentative steps down the path of romance.



Some teens will endure some level of aggression, or even violence, in their puppy-love relationships, experts warn.

For most, those puppy-love relationships will be memorable moments they will cherish for life. But experts warn many will endure some level of aggression or even violence.

"If you were to go into a high school and ask them how many have been in a relationship in the last six months where there's been some aggression, the rate would be somewhere around 30 per cent, for both boys and girls," says psychologist Jennifer Connolly, director of York University's LaMarsh Centre for Research on Violence and Conflict Resolution.

In our culture, kids start getting interested in the opposite sex in middle school, Connolly says.

"The healthiest thing to be doing at that age is to be in groups of boys and girls, where they can observe how the other sex manages things, and where the group itself ensures nothing too wild is going to happen," she says.

Sharon G. has talked to a lot of teens in her eight years as a counsellor with the Kids Help Phone. She says out of the thousands of calls the organization handles every year, fewer than 10 per cent are about dating violence. (Help Phone counsellors do not identify themselves to callers, so Sharon's last name has been withheld to maintain her anonymity.)

Sharon says most of the young daters calling for help are girls, although she has had boys complaining about manipulation and put-downs by controlling girlfriends.

Sharon, who has a master's degree in counselling psychology, says violent behaviour among dating teenagers ranges from subtle pressure to have sex to overt physical abuse.

"A lot of times we can help them see right from wrong, or help them explore alternatives they didn't know they had," she says.

Girls in abusive relationships often blame themselves for their boyfriends' behaviour, she adds. But when Sharon describes the common cycle of abuse to those callers, the girls are shocked by how accurately it mirrors their relationships:

A boy woos a girl and gets her to care. Once she's committed, the put-downs and insults begin. The couple has a fight, and the boy may react with violence and storm out. They patch things up and the situation improves for a time. But soon the aggressive behaviour resumes.

"We help (the caller) understand this person has slowly worn away her self-esteem and now she is in the position where she thinks everything is her fault," Sharon says.

Parents shouldn't worry about prying if they see signs of abuse, she adds, suggesting their child may not ask for help because they're too ashamed.

"It's always good to check in with them, especially if you start to detect they're acting in a way that's not typical. But do it in an encouraging, gentle way," she says.

The degree of abuse teenagers endure is usually less severe than the hard striking seen in domestic relationships, Connolly says. Teen aggression shows up as shoving, pushing, squeezing or controlling the movements of the partner. She warns, however, that such behaviour can escalate.

The degree of aggression kids experience also depends on age, according to Sharon. Girls in their early teens often complain about pressure to have sex. Girls in their mid-teens deal with much more verbal aggression, while physical abuse occurs more often in the late teens and early 20s.

Connolly urges parents to stay alert to the signs their child might be involved in an aggressive relationship. Signals include concerns about offending the partner, secretiveness about the relationship, refusing to go to school, sadness and spending a lot of time in their room.

TORSTAR NEWS SERVICE

Getting help

- The Kids Help Phone has counsellors who are available around the clock, seven days a week at 1-800-668-6868. Or you can ask a question online at kidshelpphone.ca.

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The celebration of feel-good prints, flower power and butterflies is set against a backdrop of psychedelic colours, as seen in these fashions by Justice, and runs straight through teens to toddlers.

School fashion a study of the '60s

Peace, love and neon. Those are the back-to-school buzzwords for a generation too young to remember those fashion themes the first time around, or even the second.

This celebration of feel-good prints, including peace signs, flower power and butterflies, is set against a backdrop of psychedelic colours and runs straight through toddlers to teens, fuelling a 1960s redux by way of the '80s. (There also were a lot of '60s influences in '80s fashion; everything was just bigger and brighter in the "me" decade.)

For today's young, style-conscious set, born during the grunge and techno fashion phases, these are fresh and exciting looks.

"I think the reason the girls like it is this is all something new," says Lece Lohr, co-president of Justice, formerly Limited Too. "And it gives the mother a new reason to spend money because it's something the daughter doesn't already have."

Yet for anyone just a little older, defining '60s silhouettes — including the miniskirt, shift dress and pea coat — are must-have classics, and young girls are always looking to emulate what they perceive as "grown-up fashion," says Gloria Baume, fashion director at Teen Vogue.

Justice reports strong sales of tie-dye and peace signs in its spring-summer lineup, so both motifs will move forward for fall, although some colours will be a little muted in keeping with the autumnal season. They'll play off highlighter hues.

Then there are the Woodstock-infused bohemian touches, such as peasant tops and fringe, which lasted into the early 1970s. The young customer isn't a purist about the periods, observes Lohr with a laugh. "I don't think they have any idea that something is from the '60s, '70s or '80s — they just like it. Because the styles were so extreme, there's something a little bit about it like a costume shop."

There's also a fashion freedom that was celebrated in the late 1960s that kids connect with, says celebrity stylist Art Conn, adviser to American Idol. "That casual vibe — that's easy to recreate and keep in that theme."

Girls mini-dress, $19.50 at Old Navy, oldnavy.ca.

Sonya Cosentini, the TJ Maxx/Marshalls style expert who collaborated with Conn on the upcoming fall ad campaign, notes that starlets like Nicole Richie, Miley Cyrus, and Mary-Kate and Ashley Olsen all embrace their inner boho, influencing girls everywhere.

"The style has been mainstream for a while, but it's hitting big for back to school."

Why now?

Fashion is always cyclical, says Cosentini, but today's economy might be having an effect too, putting shoppers in that "I-don't-need-everything mentality" that ruled the hippie years.

"Because of the economic situation the whole country is in, people are looking for better days, comfort zone," says A.K. LaMonica, senior director of apparel for The Children's Place, which is emphasizing printed corduroy, "artsy-craftsy" silhouettes and rock 'n' roll florals in its girls' collection. "Hearing stories about the '60s makes them think of a time when things were freer and not living under this cloud."

Meanwhile, Rachel Panetta, director of marketing at Stride Rite, points out parallels between the modern environmental movement, strongly influenced by youth, and the peace movement of yesteryear. Children are aware of the world around them — and they dress accordingly, she says.

Many of the children's looks mimic what's coming down the pike for adult fashion, which also has a rebellious side for fall.

"We do a tremendous amount of research to explore fashion trends. We explore online resources, junior clothing and accessory stores, and runway," Stride Rite's Panetta says. "From these venues we interpret the colours, materials and styles and adapt them into kid-appropriate fashionable footwear."

Expect to see moccasins, hand-stitching and more fringe on girls' feet.

It's harder to recreate a retro feeling for boys, LaMonica explains, but The Children's Place is aiming to do it with faded washes and a few key pieces, including stadium windbreakers. THE ASSOCIATED PRESS

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Study tips

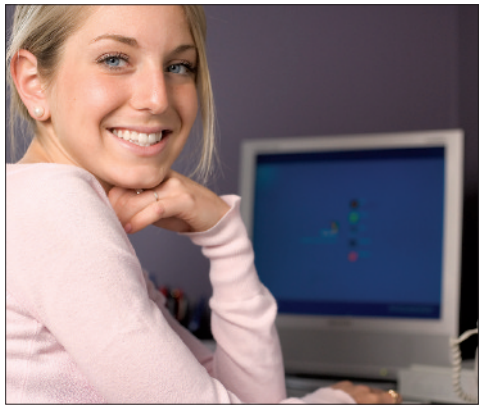
Here are some tips from the experts at Sylvan Learning to help students make this school year their most successful one yet:

- **Get organized.** Organization is essential to making your academic year a success. To ensure you stay on top of the requirements for each subject, use separate labelled notebooks for each class; create files for each subject; and use a planner or calendar to keep track of important deadlines.
- **Create a designated area for homework.** Set up an area in your home for studying and homework that is free from potential distractions. Keep a dictionary, pens, paper, textbooks and study tools stored in this area.
- **Ask for help.** If you feel like you're struggling with a particular subject, don't wait to ask for help.
- **Take good notes.** Listen carefully and briefly summarize main ideas, rather than writing down what the teacher says word for word. This will help make studying easier.

METRO NEWS SERVICES

Students seeking financial help

With summer jobs in short supply, many university and college students now face the prospect of trying to get through the school year on less money or looking for other sources of cash.



Registration is up 15 per cent compared to last year at Studentawards.com, a free scholarship search service.

So it may not be surprising that along with the spike in the jobless rate, there has been a corresponding rise in traffic to websites offering information on scholarships and bursaries.

At Studentawards.com, a free scholarship search service, the cumulative increase in registration was 15 per cent in July compared to last year, said Suzanne Tyson, president of Studentawards Inc., the company behind the website.

Parents' RRSPs and the education savings plans they set up for their children have probably taken a hit amid the economic turmoil of the last year, she noted.

"(Parents) may be losing their jobs and their children aren't finding jobs; it is leading us to believe that this fall will be difficult financially for a number of students," she said.

The student unemployment rate was 20.9 per cent in July, according to Statistics Canada.

Matt Scriven is one of the lucky ones.

The 19-year-old was able to find work this summer, but says one of his friends in Vancouver handed out between 30 and 40 resumés and received one or two calls — and didn't get a job. Another friend in Ottawa handed out 20 or 30 resumés, and got a job that gave him five to 10 hours a week — not really enough to help with his expenses in the coming school year, he said.

Scriven found his own eventual job as web designer for the Canadian Hard of Hearing Association through a listing at Studentopolis.ca — the student jobs website he founded.

The Carleton University student started developing his website after speaking with a friend who said he wasn't able to find an easy source to access student job listings online.

"A lot of adult workers were laid off their other jobs and now people will do pretty much any job to try and supplement their income because they've got families and such, so a lot of students are displaced from positions that they would otherwise have," Scriven said.

Bursaries and scholarships could potentially help to ease the blow to their bank balances.

Chris Wilkins, president and CEO of EDge Interactive, the company behind ScholarshipsCanada.com, said there has been a 10 per cent increase in web traffic to the site. Registrations and page views are also up.

Both Tyson and Wilkins said there hasn't been any sign of decreases in the number of financial awards being posted.

In fact, Wilkins said the company has been working with a few individuals new to the scholarship business who have money available and want to help specific groups of students pursuing business-related programs.

"The great thing about scholarships is that it's full of niche awards," he said. "There are a lot of high-profile awards, but there are many more niche awards, and those niche awards sometimes can make a big difference, especially if you get two or three of them."

THE CANADIAN PRESS

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THE BLAZER: The perfect addition to pretty much any outfit... definitely going to be maxing it out this fall.

THE PHONE: The ultimate city life accessory, the Samsung Cleo™ from Bell. The QWERTY keyboard makes texting so easy, plus the pretty-in-pink plays to my girly side...sigh.

THE DRESS: The print is so whimsical and romantic it reminded me of a Norwegian forest...I had to have it!

SARAH JANE, Toronto

SARAH JANE'S LOOK: Downtown darling. She's a city girl with a different look for every location. One day she's Yorkville chic, the next she's Queen West bohemian. Her sophisticated style wouldn't be complete without accessories. She's even torn bows from presents to wear as hair pieces. For Sarah Jane, getting dressed is a creative process that leaves her apartment looking like it's been struck by a clothing tsunami.

THE BOOTS: From NYC, a couple of years ago. I've been wearing them for so many seasons now that I've worn down the heels 3 times!

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Just one-third of Canadian students say they are interested in class, according to a recent report.

Students tuning out

Only about one-third of Canadian students say they are interested in class, or motivated to do well, reports a new study of more than 32,000 children and teens from Grades 5 to 12.

"The message has been clear: students do no want learning made easy, they want it to mean something."
Canadian Education Association report

Although two-thirds of the students surveyed participate in at least one extracurricular club or sport, and 69 per cent have good attendance records, just 37 per cent feel they were "intellectually engaged" in math and language arts, says the study by the Canadian Education Association (CEA), a non-profit research and policy group.

"Across Canada, many students have told CEA that classrooms and learning as they are currently organized are not working," says the report. "They are not working for students who can keep up with the pace set by the lectures, textbooks and tests, and they are not working for those who cannot ... the message has been clear: students do not want learning made easy, they want it to mean something."

More than 90 schools across the country took part in the survey, "What did you do in school today," part of a multi-year project looking at how students feel about their education and how schools and teachers can improve.

It measured student engagement in three ways: socially (participation in extracurricular clubs/sports, a sense of belonging), academic (arriving on time, attending class regularly) and intellectual (interest and motivation to do well, feel education is relevant).

What the report found is that, as students progress through the grades, their engagement drops on all levels, especially intellectually.

"It's not clear that intellectual engagement is happening," says Penny Milton, chief executive officer of CEA. "That's the kind of learning that requires you to think, and think deeply, and it may not be happening for many kids.

"They've learned that if they memorize the facts, and if they can answer questions, that's what school requires. What we could argue is that to become good learners, they need to become thinkers."

Even for students who move on to post-secondary education, Milton says it appears they are less well prepared than they used to be.

"Somehow, there's this sense that even kids who are successful aren't as competent or as confident as learners as we need them to be."

But what can schools do to help?

The study clearly points at teaching methods, and suggests that they alone could narrow the achievement gap between students, even overcoming such obstacles as poverty or other risk factors.

"I do, of course, think that students' ranges of abilities is real," Milton says. "However, what I'm talking about is, could we actually imagine reaching a minimal standard for the vast majority of people?"

The study suggests teaching methods can affect student engagement and depth of learning.

"Work needs to be relevant, meaningful and authentic," Milton says.

So, rather than simply teach about ecosystems in biology class, for example, teachers can explain how ecosystems exist in other aspects of life, such as in politics or international relationships. "They then have access to a way of thinking they can apply to other fields."

Milton adds that teachers and schools need to make better use of in-class time, and that schools need to be organized around learning.

For Gorick Ng, the student council president at Marc Garneau Collegiate, participating in extracurricular activities helps spark those critical connections.

"I think students need to find their niche," he says. "A lot view school as a place where you sit down, soak up whatever's on the blackboard and not take it any further."

Although the study suggests high expectations from teachers will rub off on students, Ng says teens also have to think big.

"Students should have high expectations for themselves," he says. "It's not about living up to teachers' expectations, but building goals for yourself and achieving them."

TORSTAR NEWS SERVICE

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Stores eye star power

Summer Johnson's back-to-school wardrobe includes shiny wet-looking leggings, a tie-dye camisole and basic tees — all part of a new collection by Miley Cyrus and designer Max Azria at Walmart.

THE ASSOCIATED PRESS/WALMART

Miley Cyrus and Max Azria have a clothing line at Walmart.

Stores are hoping a touch of star quality will inspire back-to-school shoppers — and their parents — to look beyond basics and seek out clothing lines with ties to celebrity actors and singers, from clean-cut Disney shows to the racier Gossip Girl.

Johnson, a 22-year-old college student from suburban St. Louis, was drawn to the Cyrus collection's rock-star edge and under-$20 prices, but the star power didn't hurt.

"Celebrities are great, but I go toward a celebrity line because they're reading up on fashion, teaming up with a good designer," she said. "They know a thing or two about fashion. They're our fashion template."

And the templates abound. A "Jonas" line, inspired by the television show featuring the Jonas Brothers, mixes prep school styles with a rocker twist. A second Disney line based on the show Wizards of Waverly Place is being billed as a "boho chic" collection including tunic-length tops with print scarves and miniskirts that draw inspiration from the show's Alex Russo character, who happens to be played by Selena Gomez, the newly named Teen Choice red-carpet fashion icon.

But star power alone won't sustain a successful clothing line.

"I've seen the peaks and valleys of it," said Tina Knowles, the mother of singer and actress Beyoncé. Tina Knowles serves as creative director for Dereon, a clothing line that draws from her famous daughter's style. "The celebrity being attached is a plus, but the clothes have to be good quality," she said.

Customers respond to Beyoncé, but they come back when they like the fit, style and value, Knowles said.

This fall, the Dereon line includes a Sasha Fierce collection with some back-to-school looks inspired by Beyoncé's tougher, alter-ego character.

Another line that's new for back-to-school is "Mad Style for True Jackson," designed by Jane Siskin, perhaps best known for her work on 7 for All Mankind's famously fitting jeans. The "Mad Style" clothes at Walmart draw from Nickelodeon's popular tween show, True Jackson, VP, which stars young actress Keke Palmer, whose character lands a dream job as a vice-president at a fashion company.

"The thing that excited me was to bring fashion to a tween customer in a collection and in a way that's already styled," Siskin said. A grey V-neck dress, for instance, includes a built-in plaid shirt underneath and a black-patent belt with silver charms hanging from it for $12. THE ASSOCIATED PRESS

Financial independence possible: Expert

Part of being in college or university is learning to be independent — including financially independent. That's easier said than done for many students, according to an RBC poll.

The survey found that 48 per cent of returning post-secondary students like being responsible for their own finances. Yet 37 per cent of returning students add that managing their finances while in school is harder than expected. Given the economic downturn, two-thirds of returning students also told the RBC poll they plan to be more cautious with spending this school year.

Part of smart spending is understanding the term "financially independent," says Kavita Joshi, director of student markets at RBC.

"Financial independence doesn't necessarily mean having a certain amount in the bank, or being debt-free," she says. "Independence means just that — having the autonomy to make your own financial decisions."

Joshi suggests students learn to:

- Understand your spending habits so you can live within your means.
- Control what you can control — some expenses are out of your hands.
- Decide when and how to take on debt (credit cards and loans) — consider the level you're comfortable with and how it influences your spending decisions.

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Jewellery with personality
Canadian jewellery designers Maja and Michael Bremer of MYKA Designs recently launched their latest creations, the MOSAIC Collection. It includes statement pieces as well as finer intricate designs. Visit mykadesigns.com. METRO NEWS SERVICES

Style

Totes benefit AIDS

Tote bags are no longer just for the environmentally-conscious, Aldo has partnered with YouthAIDS to launched three new collectible bags with 100 per cent of sales benefiting the cause. Part of the ALDO Fights AIDS campaign, these limited edition reusable totes ($10 each) will support AIDS education and prevention programs in South Africa. The "Getting Lost" bag (far left) hits stores Sept. 1; "In The City" (middle) on Oct. 1; and "Jukebox" (right) on Nov. 1. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Just a minute with: Tim Gunn of Project Runway

Tim Gunn, fashion guru and urbane mentor to the budding designers on TV's Project Runway, was forced to swap his impeccable tailored look for something more casual when the fashion reality show moved from New York to laid-back Los Angeles this season.

Gunn, 56, the polite voice of reason and constructive advice for the competing designers, talked to Reuters about the return of the show — and how free-wheeling LA changed some of his own ideas.

Fashion guru and Project Runway mentor Tim Gunn.

Q How did you feel about the show's move from New York to Los Angeles and the city's very different approach to fashion?

A Los Angeles is a more casual place. Executives dress more casually. Having lunch at the Four Seasons Hotel, you see studio executives wearing a suit and an open shirt but no tie. I would go to the workroom with the designers every day at the beginning wearing a suit. But finally I thought, I've got to get with it. There is an episode (where) you'll find me in flip flops. You won't find that in New York, but you'll find it in LA. And when the show returns to LA, I'm packing the flip flops!

Q Do more experienced designers on the show have an advantage over the younger ones?

A Not necessarily. In my experience, the more experience one has, the more second guessing or over-thinking one does versus the younger and less experienced contestants who have an ease and agility on how they attack a problem .... It all begins and ends when we go fabric shopping. Derailment, generally speaking, has to do with materials that are not appropriate or that they are not familiar with and then the whole thing goes awry ... If you've never worked with silk charmeuse — are you crazy? Drop it!

Q How much input do you get in decisions the judges make about who wins a Project Runway challenge and who goes home?

A None. I know nothing about who wins and who loses until I hear it coming out of Heidi's mouth. It can be very frustrating for me because I am an advocate for the designers. What confounds me is some of the things the designers say to the judges. And during their deliberations, how off the mark the judges can occasionally be about a certain designer's work.

Q How do you keep your temper and good humor? There is only one known occasion when you lost it on the show.

A Yes, that was with Kenley (in season 5). My patience was simply exhausted and I was just tired of her rudeness ... In the course of 29 years of teaching, you develop a lot of resources to deal with students you'd like to smack. There is one moment in season 6, backstage at New York Fashion Week at Bryant Park, when I said 'I am about to lose it'. I was beyond despair.

Q Are we going to see more of your other TV venture Tim Gunn's Guide to Style?

A We're talking about a way of repackaging and re-pitching it to Lifetime Television. It is a sincere honor for me to work with these fashion-challenged women who declare they need help.

REUTERS

The white rules

Some exceptions to wearing white after Labour Day

It's an old-school rule that you shouldn't wear white after Labour Day, but even the newfound fashion freedom to wear light colours in cooler weather comes with some strings attached.

When summer really is turning into fall, it's time to re-evaluate the fabrics in your closet. Linen should get packed away first — and it doesn't really matter what colour it is, says designer Shoshanna Gruss.

"You wouldn't wear a strapless sundress if it were white linen or black linen in the fall," she says. "Summer clothes are summer clothes, but, colourwise, it's more interesting and fun to play with your wardrobe and not leave any colour out."

Her quick replacement for that cocktail-party sundress would be a brocade, which she says would look stunning in a creamy white and probably complement most skin tones in the process. Indian summer and early fall is when many people look their best with just a hint of a golden glow, and a rich white will show that off, Gruss says.

Considering the Little Black Dress is so famous — and so popular — the woman who wears the Little Winter White Dress has the chance to be the first one noticed in a crowded room, adds Kelly Golden, owner of the upscale store Neopolitan in Winnetka, Ill. "The right shade of winter white is flattering on everyone. It looks rich," she says.

When it comes to pants, Gruss will be switching to winter-white wool, probably paired with a jewel-tone sweater, or, even better, a chocolate-brown top.

Don't put away white denim, though, says Suze Yalof Schwartz, executive fashion editor-at-large at Glamour. Nothing is more chic than white jeans in the wintertime with a chunky cosy sweater or a blazer and leather boots, she says. That will look "very Michael Kors."

Stefani Greenfield, the owner of Scoop boutiques and designer of the Curations collection for HSN, makes the case for a Jackie Onassis-inspired outfit: a black turtleneck with those white jeans, animal-print ballet flats and either a cuff bracelet or pendant necklace.

A shot of white, maybe a turtleneck under a sweater or a white shirt under a cardigan, can also have a slimming effect in the way a black vertical stripe does on a bathing suit. Mixing a few tones of white in the same outfit can be very cool, adds Patrick Robinson, creative director at Gap.

Yalof Schwartz likes a white sweater dress worn with dark opaque tights. White legwear is almost always a no-no, however.

Greenfield prefers the purity of white, so she recommends staying away from prints and wearing it instead with tonal solid-colour pieces, especially camel and oatmeal. To her, navy-and-white combinations scream "spring."

As long as you can keep it clean, white outerwear is a way to make a striking and stylish statement, says Greenfield, who has both a white down vest and white ski jacket — which she alternates as her cold-day "uniform." "There are ways to wear white after Labour Day and not stick out like a sore thumb."

A white cashmere-blend coat over a black dress is a perfect package, adds Golden. The brightness, she says, can give a needed punch to a fall fashion season that's dominated by dark colours.

THE ASSOCIATED PRESS

"There are ways to wear white after Labour Day and not stick out like a sore thumb"
Stefani Greenfield, owner of Scoop boutiques and designer

PHOTO COURTESY OF SHOSHANNA LONSTEIN

Right: A strapless tulip dress from Shoshanna Lonstein's fall 2009 collection. The designer likes the idea of playing with colour all year round.

Fashion Week coverage

• Beginning next week, Metro Canada will bring you exclusive coverage from fashion weeks in New York, London, Milan and Paris, along with the latest in Canadian fashion. The series starts on Sept. 10 with New York and continues weekly with London (Sept. 17), Milan (Sept. 24), Paris (Oct. 1), and Toronto (Oct. 15).

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Cake creations

Ace of Cakes returns to Food Network with a new season tonight at 10 p.m. ET and 11 p.m. PT. When the hit series Lost needs a cake to celebrate their 100th episode, actor Jorge Garcia calls Duff at Charm City Cakes to commission a cake creation. METRO NEWS SERVICES

Food

Don't forget, if using wooden skewers, to soak them in water for 20 minutes prior to threading on meat or vegetables. This helps prevent the skewers from burning on the grill. 20 MINUTE SUPPER CLUB

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Apricots and nectarines

Soft fruit stars in these skewers and dessert

Getting ready to go back to school?

Don't stress over finding cheap eats to get you through your next semester. Try the new Student Saver Guide on 20minutesupperclub.com. It's an easy way to stay healthy and keep within your food budget this year!

Fire Roasted Chicken Skewers with Black Pepper Apricot Glaze

Recipe developed by Paula Bowman.

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 10 MINUTES

CARLO MENDOZA

Fire Roasted Chicken Skewers with Black Pepper Apricot Glaze

INGREDIENTS:

- 1/2 lb green beans, trimmed
- 1/4 cup apricot jam
- 3 tbsp cider vinegar
- 1/4 tsp freshly ground black pepper plus more for seasoning
- 1 garlic clove, minced
- 1 1/2 lbs skinless and boneless chicken breast, cut into 1-inch cubes
- 1 fennel bulb, quartered lengthwise, cored and thinly sliced, fronds reserved
- 6 small radishes, halved and thinly sliced into half-moons
- 2 tbsp extra virgin olive oil, plus more for oiling
- grill
- 1 lemon, zested and juiced

METHOD:

Preheat grill to medium-high.

Fill a large bowl of water with ice water and set aside. Bring a saucepan of salted water to a boil. Blanch green beans in boiling water until tender-crisp, about 4 minutes. Remove from boiling water and plunge in ice water until cooled. Drain and pat dry with paper towels. Cut into 2-inch lengths and set aside in large bowl.

Meanwhile, combine next 4 ingredients together in bowl. Stir until smooth and well blended and set aside.

Thread chicken pieces onto 8 metal or presoaked wooden skewers and season with salt and pepper. Lightly brush grill with olive oil, place chicken skewers on grill and cook for 2 minutes. Turn skewers over one quarter turn and baste cooked side with glaze. Continue to cook, basting and turning as needed until cooked through, about 8-9 minutes total. Remove from heat, cover chicken lightly with foil and assemble salad.

Add fennel and radishes to reserved green beans, drizzle with olive oil, lemon zest and juice and season with salt and pepper. Garnish with some of the reserved fennel fronds.

Serve salad divided between 4 plates with skewers of grilled chicken.

Tasty extras

- Exclusive contest for Metro readers! Visit 20minutesupperclub.com/metro and be entered to win a $50 President's Choice gift certificate to stock your cupboards with delicious PC products to create your favourite 20 Minute Supper Club recipes! For product information and store locations, visit PC.ca. A weekly winner will be drawn until the end of October.

Baked Lime Nectarines

SERVES 6
PREP TIME: 5 MINUTES
COOKING TIME: 20 MINUTES

INGREDIENTS:

- 3 large nectarines
- 2 tablespoons honey
- 2 tablespoons lime juice

Optional:

- Vanilla Ice cream
- Grated semisweet baking chocolate

METHOD:

Preheat oven to 325°F

Cut nectarines in half around the center. Dig out pit with a spoon. Place cut side up on a baking sheet.

Drizzle the honey and lime juice over the nectarine edges and in the pit cavity.

Bake for 20-30 minutes depending on the ripeness of the nectarines. Remove from oven and place in individual serving bowls.

Let cool a few minutes. If desired, add a scoop of ice cream to each bowl and grate chocolate over top.

20 minute SUPPER CLUB

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

One sweet sip

Some things in life are just too hard for me to understand. Things like: The CBC's decision that what's really missing from my afternoons are reruns of Ghost Whisperer, how Chris Brown can sleep at night and, closest to my heart, why so many people I meet complain that they can't finish a full bottle of wine in one sitting.

Jennifer Love Hewitt's acting and slap happy musicians aside, leave it to the innovative Aussies to solve the "too much wine" problem. Hardys has created a 250 millilitre bottle they call the shuttle that's made of plastic (yes, plastic) with a screw-off cap that — get this — has its own glass attached.

The **Stamp Series 2007 Chardonnay Semillon ($4.25 - $4.99)** is a soft, lightly tropical white with a rich, citrusy finish, while the **Stamp Series 2008 Shiraz Cabernet Sauvignon ($4.25 - $4.99)** is a bright, easy-drinking red with lots of dark cherry/berry fruit and a touch of spice.

Both are food-friendly and offer the same juice as their readily available 750 millilitre counterparts (in case you could use a second sip) and are perfect for picnics, camping or just to have around the house for when unexpected guests pop over.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Editor's Note

- Starting next week, the Food section is moving to Tuesdays, bringing you great recipes and terrific food content earlier in the week.
- Urban Foodie will remain on Thursdays.

On the web

Global Peasant:

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog. Visit metronews.ca/globalpeasant for a recipe for raw caesar salad dressing.

The Bordeaux are Here
On September 13, at 9 a.m., Marquis Wine Cellars will be holding their annual Bordeaux Release and Tasting.
$39 per person in advance (refunded on purchases over $400). Visit marquis-wines.com for more info. METRO NEWS SERVICES

Urban Foodie

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Signature Drink:
Cohombro o pepino
Signature Dish:
Gilda
Rating: ●●●●½
Dinner & drinks for 2: $80

The name of the restaurant translates as "My Tricks," but the food is as honest and straightforward as it gets. Don't get me wrong. It's inventive and inspired in a way that can only come from love — in this case, the love of chef/owner Kris Barnholden. But the presentation and execution is simple and balanced — with very few minor exceptions.

We started with the gilda ($4), a dish of white anchovy wrapped around an olive and a bit of peppercini. Sweet, salty and a little spicy all at once, we licked the toothpicks clean. Heaps of perfectly cured white spring salmon ($12) followed, over an apple-beet salad with herbed crème fraîche. Scallop ceviche over gazpacho ($7) was less impressive. The scallops were tasty, albeit minimal, but the gazpacho tasted more like a red pepper coulis, and drowned out the seafood.

A small order of white truffle risotto with lobster and crème fraîche ($12) was otherworldly and inspired a repeat visit so that I could order the full size all for myself. Rich, creamy, with beautiful large chunks of lobster, this was the group's — and my — favourite.

I foresee the only tricky aspect to Mis Trucos will be how to keep myself from spending too much there.

On the web

- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

ANYA LEVYKH/FOR METRO VANCOUVER
Cured white salmon with beets, apples and crème fraîche.

Tenuta Villanova Has Arrived

Located in the Friuli region of Italy, Tenuta Villanova is one of the country's oldest continuously-operating vineyards — since 1499, in fact. This month they arrive in Canada with their Pinot Grigio and Merlot offerings. The Pinot Grigio (pictured here) has a nose of chalk, clay and spring flowers over an earthy, citrus-tinged palate. Serve with soft cheeses, risottos and light pasta dishes. $14.99 at BCLS.

Dining out

CHURCH AND STATE
North Vancouver's Moustache Café (129 West 2 St.) will be holding a special winemaker's dinner on Sept. 17 at 6:30 p.m. with Church and State Winery. Winery proprietor Mr. Kim Pullen will lead guests through the four-course dinner with wine pairings. $79 per person. Call 604-987-8461 to reserve.

CELEBRATE ISLAND-STYLE
On Sept. 10, Provence Marinaside (1177 Marinaside Cres.) will be hosting their annual Caribbean Feast in honour of Sous Chef Cullin David's heritage. The dinner includes callaloo, habañero-dusted ahi tuna, jerk duck confit, and pineapple and coconut tart. $48 per person. Call 604-681-4144 to reserve.

In brief

AFTER THREE fabulous years, Connor Butler Restaurant has closed due to increasing rents. Chef Connor has sold the restaurant and we wish him luck in his future endeavours. **CHAMBAR** will be celebrating their five-year anniversary with an all-day block party on Beatty Street. Pulled pork, a kids' disco, face painting and complimentary waffles ... get ready, here we come.

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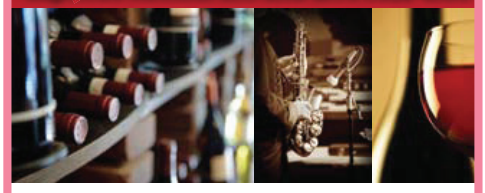

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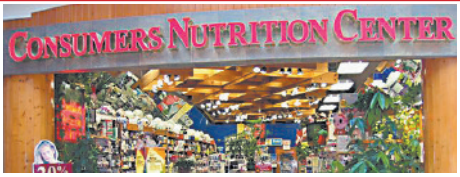

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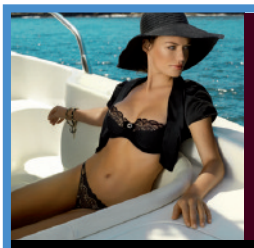

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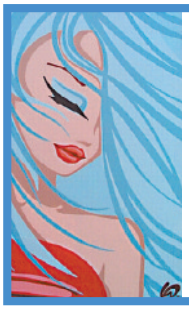

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- **Langara - 49th Ave**
- **Marine Drive**
- **Bridgeport**
  River Rock Casino
- **Templeton**
- **Sea Island Centre**
- **YVR - Airport**
- **Aberdeen**
  Borealis Academy
  Parker Place
  Yaohan Centre
  Lion Travel
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Lindsay leaves Hollywood home

Lindsay Lohan is leaving the rented Hollywood Hills home that was burgled last week. She was photographed clearing out of the property on Tuesday and a removal firm showed up to take away her valuables. FEMALEFIRST.CO.UK

Entertainment

Jackson tribute

La Toya Jackson has decided to release the first single off her new album as a tribute to Michael Jackson. Proceeds from Home will go to one of Michael's AIDS charities. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Diva makes comeback

SONY MUSIC PHOTO

I Look To You is the first CD from Whitney Houston in seven years.

MusicReviews

music@metronews.ca

Whitney Houston

Album: I Look To You
Label: Arista
Rating: ⊕⊕⊕

WHITNEY HOUSTON FANS look to the singer primarily for her voice, that penetrating cry that can transform a Dolly Parton song into a power ballad that could shatter whole buildings and Billboard charts alike. So those same fans will be disappointed to hear that those days are over, in the form of Houston's comeback album. The singer will never be the vocal powerhouse she used to be. That said, with an all-star roster of writers and producers on board, I Look To You is guaranteed to succeed. And with a few bangers, like the empowerment-funk of Million Dollar Bill, the sensitive title track and the club-sleek Nothin' But Love, Whitney does the best with what she's got.

Jason Richards/for Metro Canada

Pitbull

Album: Rebelution
Label: J Records
Rating: ⊕⊕

DESPITE THE TITLE, there's nothing rebellious or revolutionary about Pitbull's new disc. It's a far cry from the rapper's sophomore album, El Mariel, which was filled with political messages about being a Cuban growing up in Miami. These days the hip-hop star sings mostly derogatory songs about sex and girls. While most of the songs are slick club numbers — I Know You Want Me has been playing in bars for weeks — the lyrics are offensive and humourless.

Bryan Borzykowski/for Metro Canada

Juliette Lewis

Album: Terra Incognita
Label: The End
Rating: ⊕⊕⊕

AFTER FOUR ALBUMS, Lewis is finally a bona fide musician. The actress has said this is the first time she's focused on songwriting and it shows. Terra Incognita is smooth, focused and easily her most thoughtful album. She covers a lot of ground — Ghosts is an atmospheric Janis Joplin-like track; Fantasy Bar is a raucous tune with a soaring chorus; on Suicide Dive Bombers she sounds like Bowie.

Bryan Borzykowski/for Metro Cana-

The Apples In Stereo

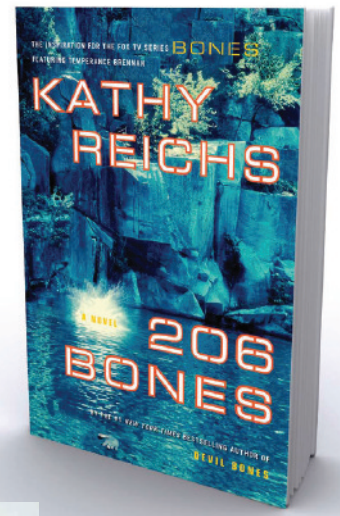
Album: #1 Hits Explosion
Label: Yep Roc
Rating: ⊕⊕⊕⊕

da THE LATE '90S weren't a complete musical wasteland. You just had to dig a bit to find the good stuff. Those digging hard enough would have landed on the Elephant 6 indie collective that produced a nerdy little Denver band called The Apples In Stereo. #1 Hits Explosion offers up 16 of the band's best from its 13-year, eight-album history. A great introduction for newcomers and a concise compilation for fans.

Graham Rockingham/for Metro Canada

On sale now, Kathy Reichs' newest Tempe Brennan forensic mystery

206 BONES



www.KathyReichs.com

MEET KATHY REICHS!
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The White Queen

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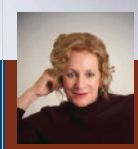

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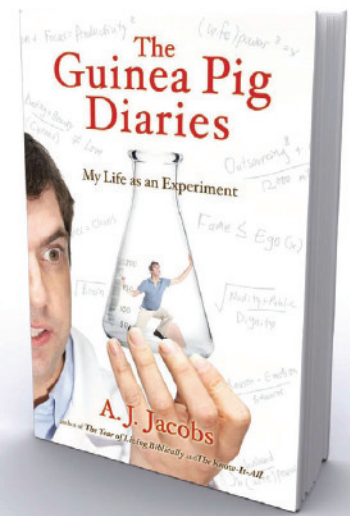

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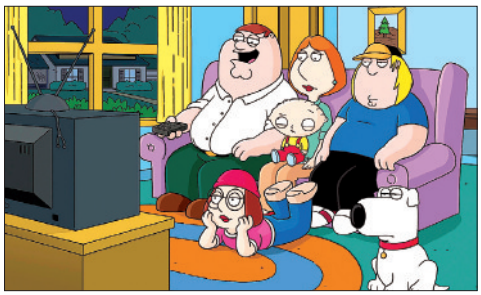
Boy George unchained

Boy George has had an ankle bracelet allowing police to monitor his whereabouts removed. The singer had to wear the device at all times as a condition of his early release from jail for his assault and false imprisonment of a male escort in 2007. FEMALEFIRST.CO.UK



Fox's Family Guy now has two more executive producers now.

New heads named for Family Guy

TV There's been a change at the helm of Fox's top animated comedy, Family Guy.

Series veterans Steve Callaghan and Mark Hentemann have signed separate three-year deals with the show's producer, 20th Century Fox TV. Under the lucrative seven-figure pacts, the two have been promoted to executive producers and named showrunners.

Former showrunners David Goodman and Chris Sheridan will remain on the show as executive producers alongside Callaghan, Hentemann, creator Seth MacFarlane and Danny Smith.

In divvying up responsibilities, Callaghan will focus more on running the writers' room while Hentemann shepherds production.

In addition to running Family Guy under MacFarlane, Callaghan and Hentemann, who are not a writing team, each will develop new projects for the studio.

Both Callaghan and Hentemann have been on the Fox show through both of its incarnations — during its original run, cut short by a cancellation, and its current revival.

Callaghan was hired on Day 1 as the first writers' assistant before being promoted to writer when the show first was renewed. Hentemann joined Guy in the second season as executive story editor.

REUTERS

Georgas of the jingle

City musician's song for Wal-Mart ad generates buzz

Vancouver-based indie musician Hannah Georgas was playing to a mostly empty New York City bar when she got what might be her big break.

There weren't many people listening that night, but she won over one very important new fan, who asked her to write a jingle for Wal-Mart.

That jingle is now in a commercial, which is getting Georgas more attention that she's ever gotten before, and even some notice from country-pop star Taylor Swift.

The song — with some jangly guitar, glockenspiel flourishes and just a couple lines of vocals, "don't ever feel alone/ you've got a place called home" — is the backdrop for two different ads.

In one, a mother and daughter share a sentimental goodbye as the teen prepares for life at college. In the other, a mother and son share a slightly more awkward moment as mom hands over a framed family photo to hang on his dorm wall.

HANDOUT/THE CANADIAN PRESS

Vancouver-based indie musician Hannah Georgas' jingle for Wal-Mart is getting her a lot of recognition.

"It's going to be airing on TV for back to school for eight weeks all through North America, it's been on YouTube and lots of people have been commenting on the song, it's just been a great response," Georgas said in a telephone interview.

Based on the response from online posters, Georgas and bandmate Ryan Guldemond are now going back to the studio to turn the jingle into a full song, which will likely be posted on Wal-Mart's official website as a free download.

Georgas, who has currently only released a five-song EP but is putting the finishing touches on her debut full-length album, is going on tour across Canada in October and hopes the attention she's getting from the commercial sells a few extra tickets.

She adds she had no qualms about commercializing her music or writing for Wal-Mart, even if some musicians believe their compositions are sacrosanct and should never be used for corporate purposes.

"It's another way for an artist to get their music out there and for people to hear it," she said.

THE CANADIAN PRESS

In brief

SERIES AMC's 1960s Madison Avenue drama, Mad Men, will return for a fourth season. The TV series debuted as a low-rated, critical darling but has seen its audience grow. Mad Men attracted an audience of 2.8 million for the Aug. 16 season premiere.

DOCUMENT Michael Jackson's death certificate has been amended to reflect his cause of death as a homicide, specifying "injection by another" as the fatal injury. The designation was not a surprise — coroner's officials said last week that they believed Jackson's death on June 25 was a homicide.

HOST Jerry Springer is coming back in the America's Got Talent fold — this time hosting a live version of the TV talent contest in Las Vegas. The show will run at least 10 weeks at the Planet Hollywood Resort & Casino starting in October.

THE ASSOCIATED PRESS

Kenya's Style
Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 9/3/09	251	308	3 CBC	Wheel-Fortune	Jeopardy!	The Nature of Things (CC)		This Beat Goes On (N) (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	(Off Air)						(Off Air)		
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Hollywood	CSI: NY "Wasted" (CC)		CSI: Crime Scene Invstgtn.		(:01) The Mentalist (CC)		CTV News
	-	-	10 OMNI	Frasier (CC)	Frasier (CC)	Supernatural (CC)		Supernatural "Lucifer Rising"		Perspectives	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	Big Brother 11 (CC)		The Office	The Office	90210 (CC)		News
	256	389	12 VI	The Road to Avonlea		Grey's Anatomy (CC)		Fringe "The Road Not Taken"		(:02) Private Practice (CC)		A News (N)
	253	359	13 CITY	Law & Order: SVU		30 Rock	Parks-Recreat	Scrubs (CC)	(:31) 30 Rock	Law & Order: UK (CC)		The CityNews
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Supernatural (CC)		Supernatural "Lucifer Rising"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Big Brother 11 (CC)		CSI: Crime Scene Invstgtn.		(:01) The Mentalist (CC)		KIRO News
	287	379	16 NBC	NFL Preseason Football Oakland Raiders at Seattle Seahawks. From Qwest Field in Seattle.						Seahawks	12th Climb	KING 5 News
	602	568	19 W	Old Christine	Friends (CC)	Friends (CC)	Grocery Bag	Confidential	Confidential	Divine Design	Divine Design	Love It-List It
	288	380	21 ABC	Wheel-Fortune	Jeopardy!	Grey's Anatomy (CC)		Grey's Anatomy (CC)		(:02) Private Practice (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Hollywood Homicide ★★ (2003) Harrison Ford, Josh Hartnett.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Parks	Conver-KCTS	Doc Martin "The Family Way"		Doc Martin	(:40) Doc Martin "Erotomania"		P Singletary	Wayne Dyer
	290	382	28 FOX	Two/Half Men	Two/Half Men	Bones (PA) (CC)		Fringe "The Road Not Taken"		Q13 FOX News at Ten (N)		Family Guy
	-	364	29 PBS	MI-5 (CC)		Red Green	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		This-House	Yankee Shop
	296	654	34 SBK	(:01) The Mentalist (CC)		Punk'd (CC)	South Park	South Park	Half & Half	Paid Program	Hatchett	Boston Home
	298	653	35 TLA	NFL Preseason Football Oakland Raiders at Seattle Seahawks. From Qwest Field in Seattle.						KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	48 STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	26 NW	The Nature of Things (CC)		CBC News: The National (N)		CBC News: The National		The Nature of Things (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Sportsnet	MLB Baseball Seattle Mariners at Oakland Athletics. (Subject to Blackout)					Sportsnet Connected (Live)		Sportsnet
	400	400	20 TSN	Tennis: U.S. Open		SportsCentre (Live) (CC)		World Poker Tour				SportsCentre
	411	457	49 OLN	Ghost Hunters (CC)		Bounty Hunter	Bounty Hunter	Survivorman (CC)		Ghost Hunters (CC)		Bounty Hunter
	410	403	24 SCR	College Football Oregon at Boise State. (Live)						Score Now		Final Score
	417	406	45 SC	Wrecked (N)	Wrecked	Pimp My Ride	Pass Time	Pinks -- All Out		Jacked!	Jacked!	Wrecked
	416	409	144 GLF	Fútbol Colombiano		Gol TV News	Soccer Cam	Soccer Cam	Footballers	Gol TV News	Gol TV News	Gol TV News
family	552	543	25 YTV	Drake & Josh	Family Biz	The Penguins	Malcolm-Mid.	In Real Life "Pilots" (CC)		Falcon Beach (CC)		Mystery Hnt.
	555	545	50 TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	Beavis and Butt-head Do America ★★ (1996, Comedy) (CC)			
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Big Comfy
cable variety	268	354	5 KNO	Recreat. Eden	Into the Wild	Africa! "Restless Water"		How Art Made the World		World of Albert Kahn		Childhood
	575	583	60 CMT	Hope & Faith	Hope & Faith	Karaoke Star "Saskatoon"		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	42 MM	You Can Dance		Dance	Video on Trial	Springbreak.09 (CC)		One Tree Hill (CC)		Spotlight
	600	564	43 H&G	House	House	Holmes on Homes (CC)		Disaster DIY	Big Amazing	Handyman Superstar		House
	615	520	61 A&E	The First 48 (CC)		Crime 360 "In Plain Sight" (N)		The First 48 (CC)		The First 48 "Lester Street"		The First 48
	628	584	62 SPKE	(6:00) TNA Wrestling (N)		Surviving Disaster "Hijack"		MANswers	GameTrailers	Ways to Die	Ways to Die	Sniper ★★
	521	560	64 TLC	LA Ink (N) (CC)		Police Women of Broward		LA Ink (CC)		Police Women of Broward		LA Ink (CC)
	616	522	69 SHO	The Outer Limits "The Grid"		Da Vinci's City Hall		The Best Years		Bones (CC)		NCIS (CC)
	620	523	70 BVO	Crossing ★★	Bravonews	Law & Order "Asylum" (CC)		Without a Trace (CC)		Crossing ★★ (2005) Sebastian Spence.		
	601	562	71 SLC	Bulging Brides	Bulging Brides	ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Biggest Loser
	520	505	72 DIS	MythBusters (CC)		Daily Planet (CC)		MythBusters "Demolition Derby Special" Automotive fables.				MythBusters
	522	506	74 HIS	Ice Road Truckers (CC)		Ancient Discoveries (CC)		Underworld Histories (CC)		Life After People (CC)		Blow Down
	627	528	75 SPC	(6:00) Crimson Force (2005)		Stargate SG-1 (CC) (DVS)		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	77 TBS	(6:00) The Ringer ★★ (2005)		Sex and-City	Sex and-City	Eurotrip ★★ (2004, Comedy) Scott Mechlowicz. (CC)				Steve Harvey
	619	525	78 TROP	Seinfeld	Seinfeld	The Outer Limits "The Donor"		ET Canada	TV Made	Family Guy	Seinfeld	Seinfeld
	603	561	82 FN	Ace of Cakes (CC)		Family	Family	Unwrapped	Unwrapped	Perfection	Perfection	Ace of Cakes
	626	547	57 COM	Air Farce	22 Minutes	22 Minutes	Comedy Now	The Simpsons	South Park	Comedy Now (CC) (DVS)		White-Tater
	320	621	90 CEN	(6:20) The Shepherd (2008)		Indiana Jones and the Kingdom of the Crystal Skull ★★				The Mummy: Tomb of the Dragon Emperor		
	581	566	101 MTV	Nitro Circus	Pranked	MTV Live	After	Fantasy Fact.	Beatdown	Nitro Circus	Pranked	MTV Live
	261	394	102 V	(6:00) The Seven Year Itch ★★★ (1955)			Recreat. Eden	Niagara ★★★ (1953) Marilyn Monroe, Joseph Cotten.				Paid Program
	-	-	105 MUL	Banquet	Kingdom-Wind	Vancouver	Shaktimaan	Dheeyan Ghar	Sadabahar	Connections	Desi Rhythms	Patrol World

critics' corner

30 Rock

Jack (Alec Baldwin) starts to build a relationship with his biological father (guest star Alan Alda). Despite her own miserable track record, Liz (Tina Fey) gets attention as a relationship expert after appearing on a talk show. Kenneth (Jack McBrayer) helps Tracy (Tracy Morgan) overcome embarrassing memories of high school in "Kidney Now!" 9:31 PM on CITY

The Ringer

Johnny Knoxville plays a hapless young man who needs a quick solution to several problems, and he sees the answer in posing as a track runner in the Special Olympics. Knoxville is an idiot to begin with, but instead of going after other total morons, he goes after regular nice people. That's just wrong. And by the way, Johnny, "South Park" did the "fake a mental disability to get into the Special Olympics" plot first. 6 PM on TBS

No babies, or else: Spencer

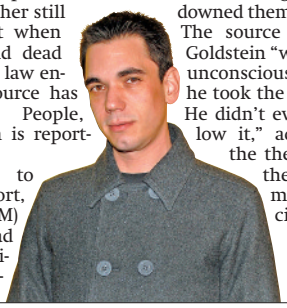
Are Spencer Pratt and Heidi Montag headed to divorce court? Possibly — if Montag, 22, gets pregnant, usmagazine.com reports. "He said, 'That's the quickest way to divorce,'" she told MTV News. METRO NEWS SERVICES

Celebrity Buzz

DJ AM's death a suicide?

TRAGIC DJ AM swallowed a handful of painkillers and had another still in his throat when he was found dead on Aug. 28, a law enforcement source has alleged to People, popeater.com is reporting.

According to the report, Adam (DJ AM) Goldstein had eight undigested Oxy-Contin pills in his stomach, which suggests he downed them quickly. The source believes Goldstein "was going unconscious when he took the last one. He didn't even swallow it," adding to the theory that the DJ committed suicide.



METRO NEWS SERVICES

Possible dad comes forward

OUT OF THE WOODWORK One proposed father of Michael Jackson's kids, dermatologist and Jackson friend Dr. Arnold Klein, is willing to take a paternity test, but only if it's what the kids want, his lawyer says.

"Whether he is or he isn't, it's not going to make him love these children any more or less," said his attorney.

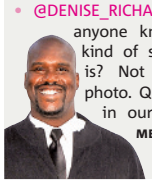
Klein's goal is to keep a promise he made to their father to keep them out of show business, according to Kaplan.

METRO WORLD NEWS

Celebrity tweets

Kirstie Alley defends her right to be angry, John Mayer misses the simpler days of eating fish, and Shaquille O'Neal takes criticism in stride, and Denise Richards looks to her fans for help with a pest problem.

- @kirstiealley Oh God, I hate it when people tell me to CALM down etc. RAGE is a REAL emotion..I would never want to lose it..it indicates an injustice..
- @johncmayer All this new fancy seafood. Halibut. Talapia. What ever happened to a nice piece of cod?
- @THE_REAL_SHAQ went to the la zoo today, a chimpanzee spit at me, dam i must be ugly, lol
- @DENISE_RICHARDS Does anyone know what kind of spider this is? Not the best photo. Quite a few in our backyard



METRO WORLD NEWS

I'm crazy like Marilyn Monroe, Megan insists

STAY AWAY She may not be a doctor, but Megan Fox has diagnosed herself as mentally ill.

"I definitely have some kind of mental problem and I haven't pinpointed what it is," Fox told Wonderland magazine. "I basically read every book ever written about Marilyn Monroe.

"I could end up like that because I constantly struggle with the idea that I think I'm a borderline personality — or that I have bouts of mild schizophrenia."

METRO WORLD NEWS

It's official: LeAnn and Dean divorcing

JUST A FORMALITY? It's over for LeAnn Rimes and husband Dean Sheremet, people.com reports.

"After much thoughtful mutual consideration, Deane and I have agreed to move forward with dissolving our marriage," the country star wrote on her website, using the spelling of her husband's given name.

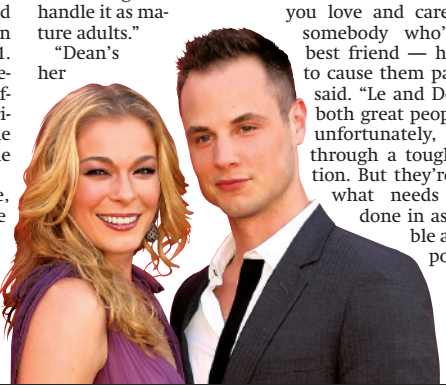
"This decision was amicable and we remain committed and caring friends with great admiration for one another. Thank you so much for all of your continued love and support — it is deeply appreciated."

Rimes, who turned 27 on Friday, married Sheremet in 2002 when she was 19 and he was 21. They separated amid allegations Rimes had an affair with actor Eddie Cibrian after the two met while filming the Lifetime movie Northern Lights last fall.

Cibrian, meanwhile, filed for divorce from wife Brandi Glanville last week.

Rimes' longtime friend, Dope Den Productions founder Jeff Berger, says that Rimes and Sheremet, a songwriter and former dancer, are "doing their best to handle it as mature adults."

"Dean's her best friend and that's the crux of the issue; when you love and care about somebody who's your best friend — how not to cause them pain," he said. "Le and Dean are both great people and, unfortunately, going through a tough situation. But they're doing what needs to be done in as amicable a way as possible."



METRO NEWS SERVICES

Kate abused me, Jon alleges

ACCUSATION In his first television interview since divorce papers were filed in June, Jon Gosselin lashes out at his estranged wife Kate for years of abuse during their 10-year marriage, usmagazine.com reports.

"I took a lot of abuse from her. I was put down," he said on ABC's Good Morning America. "She'll call me like, almost like a lame fish. Like I wasn't going anywhere."

He also says that she often left him with their eight kids because she was always away travelling.

"Well, excuse me, I'm taking care of the kids. She's on book tours, she's doing all these things. You know, she's gone a week. You know, comes back. Packs up and leaves again," Gosselin, 32, said. "I'm standing there like, 'Oh, OK. Your mom's gone again.'"

Things have been tense since they've split, he says. The reality star recalls last month when police were called to the family's $1.1 million US home in Wernersville, Pa., after Kate, 34, showed up unexpectedly when it was his time to be with the kids.

"I wouldn't let her in the gate," said Gosselin. "I said I'm spending time with my kids ... and she's going to have to leave and she tried to cry it up with the cops and it didn't work."

The full interview airs Tuesday.

METRO NEWS SERVICES

Jesus' DJing career a bust?

WE ALL SAW THAT COMING Jesus Luz, Madonna's 22-year-old Brazilian model boyfriend, has been pursuing his dream of becoming a DJ, but apparently the results so far have been less than stellar.

"In his last gig at Pacha, in Buzios, guests at the club said his set list wasn't captivating at all, and the dance floor was almost empty," a Brazilian source told Page Six.

GETTY IMAGES

METRO WORLD NEWS

Becks have Brit pride

THE MOTHERLAND David Beckham is reportedly so worried about his three sons losing touch with their British roots that he has them watch BBC America at home as much as possible, a source tells the Sun.

"He wants his kids to appreciate their British heritage and its language, and thinks watching BBC America will keep them connected to their country of birth," the source said.

But there's one problem: The channel often airs programs starring Beckham's pal Gordon Ramsay, "which means he has to swiftly switch over to avoid the fruity language."

METRO NEWS SERVICES

New allegations in Sharon's suit

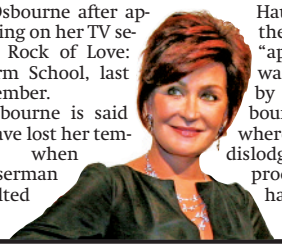
DIGGING THE HOLE DEEPER Sharon Osbourne has been accused of attempting to run over a court official with her car, female-first.co.uk reports.

The wife of rocker Ozzy Osbourne is being sued by reality show contestant Megan Hauserman, who alleges she was attacked by Osbourne after appearing on her TV series, Rock of Love: Charm School, last December.

Osbourne is said to have lost her temper when Hauserman insulted her husband, calling the musician a "brain-dead rocker."

Hauserman filed suit for battery, negligence and infliction of emotional distress — and now she claims Osbourne assaulted a process server when he tried to deliver legal papers to her on April 20.

According to TMZ.com, Hauserman alleges the process server "approached and was almost run over by defendant (Osbourne) to the point where the papers were dislodged from the process server's hand."



METRO NEWS SERVICES

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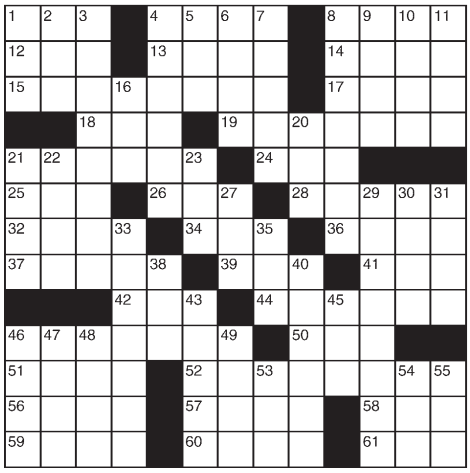
Take Five



ACROSS

1 PC program
4 Delves
8 Carnelian variety
12 Chum
13 Worshipped one
14 Rip
15 "Merci"
17 Top-notch
18 "... or — to be"
19 1/100 of a mark
21 Quarterback Troy
24 Craze
25 Banned insecticide
26 Gratuity
28 Lukewarm
32 Shaving cream additive
34 "Phooey!"
36 Gaelic
37 Copycat birds
39 Profit
41 Pub order
42 Squealer
44 A Few Good Men director
46 Bankrupt
50 Wapiti
51 Eager
52 Free-mail privilege
56 Infamous lyre player
57 Surpasses
58 Caspian, e.g.
59 Metric measure
60 Agile
61 Height of fashion?

DOWN

1 Suitable
2 Oom follower
3 Krill, e.g.
4 Harsh decree
5 Slick, maybe
6 Yucky stuff
7 Form of tobacco
8 Seatless passenger
9 Very long time (Var.)
10 Hindu royal
11 Bottom-of-the-barrel bit
16 Artesian appellation
20 Nosh
21 Leading man?
22 Without acting
23 Pen point
27 Skillet
29 Mischievous
30 Man is one
31 Bambi, e.g.
33 Peer's place, perhaps
35 That girl
38 Put into words
40 Wee
43 University near Boston
45 Sort
46 Gunshot sound
47 Always
48 Old Italian money
49 Item on stage
53 Spring mo.
54 Born
55 Whale group

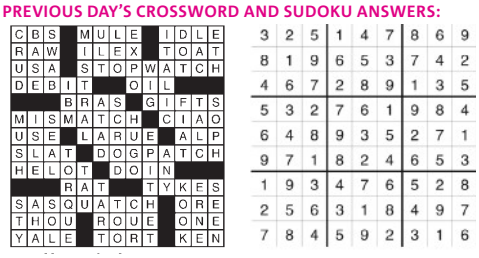
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		2					6	5
	1	3		7	9			
6			8					
7		5	4		6			
	2						7	
			7		8	6		1
					1			4
			3	4		9	8	
3	5					2		

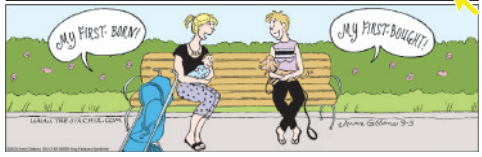
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



3	2	5	1	4	7	8	6	9
8	1	9	6	5	3	7	4	2
4	6	7	2	8	9	1	3	5
5	3	2	7	6	1	9	8	4
6	4	8	9	3	5	2	7	1
9	7	1	8	2	4	6	5	3
1	9	3	4	7	6	5	2	8
2	5	6	3	1	8	4	9	7
7	8	4	5	9	2	3	1	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Summer Turkey Sausage Pasta

Submitted by Danielle Seguin, Brentwood Bay, B.C.

INGREDIENTS:

1/2 cup pine nuts
4 green onions, chopped
2 red peppers, chopped
2 tbsp sesame seeds
4 cooked turkey sausages
2 cups whole wheat pasta, such as fusilli
4 tbsp olive oil
2 tbsp balsamic vinegar

METHOD:

1. Combine pine nuts, raw green onions and sesame seeds in a bowl. Add olive oil and balsamic vinegar and toss. Set mixture aside.
2. Cook the turkey sausages in a non-stick frying pan on medium to low heat.
3. Cook pasta. Once the sausages are cooked, cut them into slices and add to the pine nut and onion mixture.
4. Drain the fat from the frying pan and toss in the chopped red pepper for 3 minutes, just to sear.
4. Add the peppers and pasta to the rest of the ingredients. Stir until thoroughly mixed and enjoy.

SERVES 2
PREP TIME: 5 MINUTES
COOK TIME: 15 MINUTES

Weekly winners

• Exclusive contest for Metro readers! Visit 20minutesupperclub.com/metro and be entered to win a $50 President's Choice gift certificate to stock your cupboards with delicious PC products. For product information and store locations, visit PC.ca. A weekly winner will be drawn from now until the end of October.

20 minute SUPPER CLUB

20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at **20minutesupperclub.com**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
As usual you're thinking of going it alone, but you'll find it easier to reach your goals if you team up with people who share your outlook on life.

TAURUS
APRIL 21-MAY 21
Listen to your conscience and do as it tells you, even if it puts you on a collision course with people who don't share your values.

GEMINI
MAY 22-JUNE 21
The right things seem to be happening at just the right time and the planets indicate you need only put a name to your desire to see it come true.

CANCER
JUNE 22-JULY 22
If there's something you can do for someone today then do it and don't count the cost. That good deed will come back to you sooner than you think.

LEO
JULY 23-AUG 23
Try not to let your heart rule your head today. Other people's tales of woe may sound credible but the planets warn it's most likely a trick.

VIRGO
AUG 24-SEPT 22
It's all coming together. That's great, but don't take your good fortune for granted. Enjoy the present but don't stop planning for the future.

LIBRA
SEPT 23-OCT 23
Any day can be a new beginning. If there is something that would make your life more rewarding, start thinking of ways you can get it. Then act.

SCORPIO
OCT 24-NOV 22
Be kind to yourself today, tomorrow and over the weekend. Even a Scorpio has weak points and they'll be apparent while the moon is full. Be careful.

SAGITTARIUS
NOV 23-DEC 21
It might be tempting to say what others want to hear, but you'll regret it later when you have to tell them the truth. Be honest with people today.

CAPRICORN
DEC 22-JAN 20
Be nice to people, especially those who may be of use to you in the future. Give them the respect they deserve. Let them know you're there for them.

AQUARIUS
JAN 21-FEB 18
This is a good time to plan your next vacation, especially if you've been stuck in one place too long. It won't be long before you are on the move.

PISCES
FEB 19-MARCH 20
You may think that if you don't get your financial house in order immediately it will be impossible to balance the books, but you are overreacting.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Convent women's hot dog holders (1)
2. African republic drum for a beatnik (2)
3. Made a bird's home less tidy (1)
4. Not-quite-legit lord's wife (2)
5. Conservative wing's tough spots (1)
6. Cancel a trayful of baking cookies (1)
7. Online newsgroup message bragging (2)

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ANSWERS
1. NUNS RUNS 2. CONGO BONGO 3. MESSED NEST 4. SHADY LADY
5. RIGHTS FLIGHTS 6. SCRATCH BATCH 7. POSTING BOASTING

9-3-09

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